

FAB Feelings

(use these in the Wonderstorming exercise)

Affectionate

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

Engaged

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

Grateful

empowered
open
proud
safe
secure

Confident

empowered
open
proud
safe
secure

Excited

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

Hopeful

expectant
encouraged
optimistic

Inspired

amazed
awed
wonder

Joyful

amused
delighted
glad
happy
jubilant
pleased
tickled

Exhilarated

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled