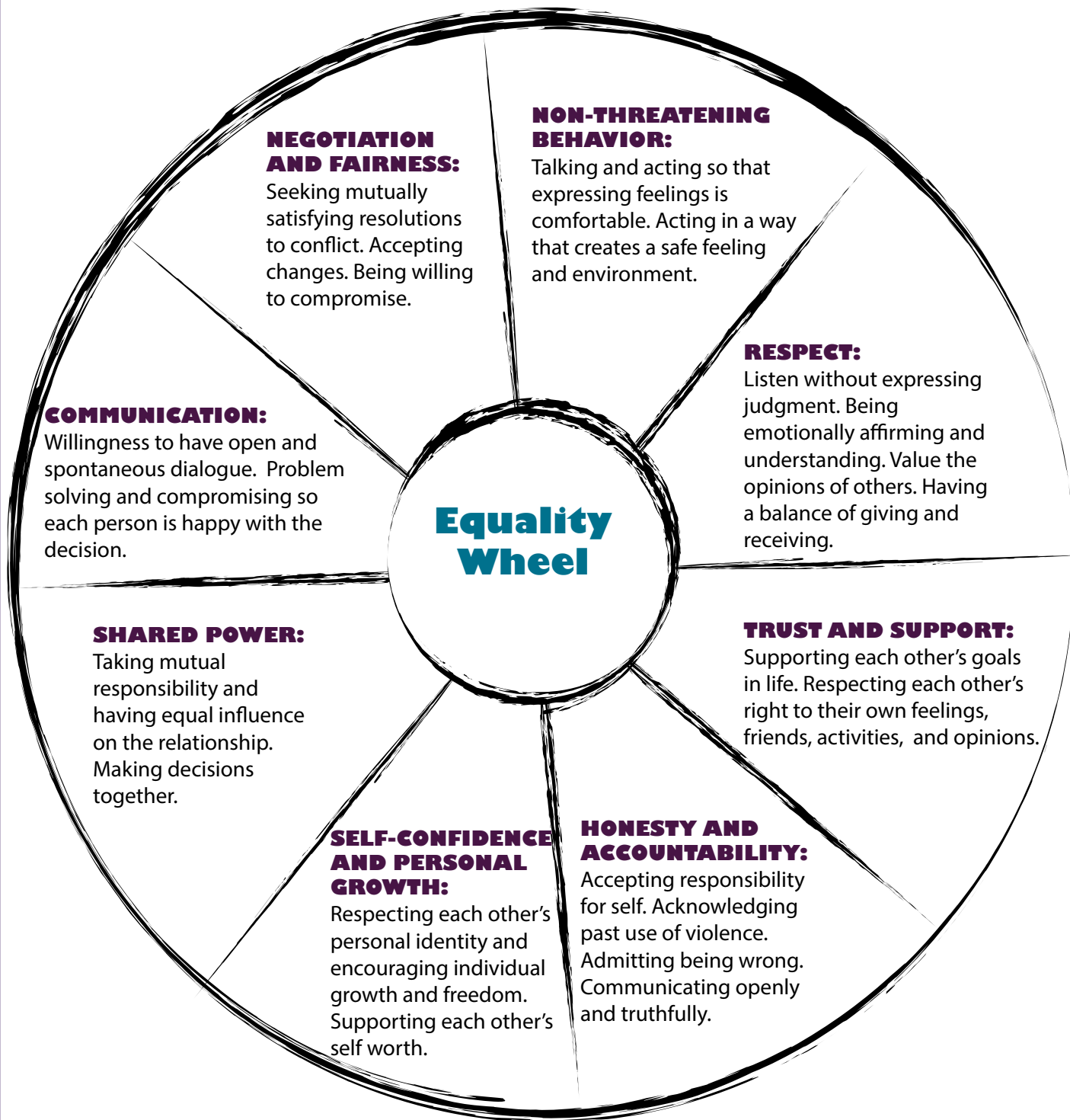


Equality Wheel



Equality Wheel

Section 1: Defining Healthy Relationships

Feelings List

afraid	foolish	paranoid
aggressive	friendly	peevish
agonized	frightened	perplexed
angry	frustrated	persecuted
annoyed	funky	pleasant
anxious	funny	private
apologetic	grateful	proud
argumentative	greedy	puzzled
arrogant	grief-stricken	regretful
ashamed	grieving	relieved
peaceful	guilty	remorseful
bashful	happy	righteous
belligerent	hateful	sad
blissful	heartbroken	satisfied
bored	helpless	secure
brave	hopeful	self-conscious
cautious	horrified	self-pitying
cheerful	hurt	sheepish
cocky	hysterical	shocked
cold	impatient	shy
conceited	independent	silly
confused	indifferent	smart
contemptuous	inferior	sorrowful
crabby	insulted	sour
cruel	intimidated	spiteful
depressed	irritated	strange
determined	jealous	superior
devilish	joyful	surprised
disappointed	left out	suspicious
disapproving	lonely	sympathetic
disgusted	mad	tenacious
dumb	malicious	tense
embarrassed	melancholy	timid
empty	mellow	uneasy
enraged	mischievous	unworthy
enthusiastic	miserable	vengeful
envious	mixed-up	victimized
exasperated	negative	vindictive
excited	nervous	wary
exhausted	nice	worried
fabulous	obstinate	
	optimistic	

Section 3: How We Feel and How We Deal

Extending Your Feelings

Directions

For each scenario, look at the "Feelings" list in your workbook and identify a feeling you might experience. You cannot use the same word twice.

1. Your math teacher tells you that you have a test today. _____
2. Someone you like asks you out on a date. _____
3. Your friend compliments you on your outfit. _____
4. Your parent grounds you for something you didn't do. _____
5. You found out that you made a team you tried out for. _____
6. Your mom made your favorite dinner. _____
7. You show up to a birthday party where you only know one person. _____
8. Your friend texts you every five minutes. _____
9. You failed an assignment or test. _____
10. The person you like calls you stupid in front of your friends. _____
11. Your friend doesn't text you back. _____
12. Your best friend is going out with the person you like. _____
13. You lied to your friend and got caught. _____
14. Your sibling closes his/her computer every time you walk into the room. _____
15. You show up at school wearing the same outfit as your teacher. _____
16. You were not invited to a party that your friend is throwing. _____
17. You go to a concert with your friends. _____
18. You stand up for your friends when someone is making fun of them. _____
19. Someone sends you an inappropriate photo from your phone. _____
20. You lost your iPod and someone returns it to you. _____