

Child Thoughts

(Robbie Adler-Tapia and Carolyn Settle)

0-3

Generally omit thoughts

3-6

Bad

I'm scared

Mommy doesn't love me

I'm bad

I'm a bad girl/boy

Good

It's over, I'm safe

Mommy loves me

I'm good

I'm a good girl/boy

6-10

I'm bad

I'm in fog

I'm going to explode

I'm hot

I don't belong

I'm stupid

I can't do it

I don't understand

I can't get help

I am not lovable

I am uncomfortable in my skin

I am fat

I messed up

I'm good

I'm in a clear place/sunshine

I'm calm

I'm cool (as a cucumber)

I do belong

I'm clever

I can do it

I do understand

I can get help

I'm lovable

I fit in my skin

I'm just right

I did the best I could

Feelings Vocabulary Chart



Aggressive



Angry



Arrogant



Bashful



Bored



Cautious



Confident



Confused



Curious



Disappointed



Disapproving



Disbelieving



Disgusted



Ecstatic



Enraged



Envious



Exasperated



Frustrated



Grieving



Guilty



Happy



Horrified



Hurt



Jealous



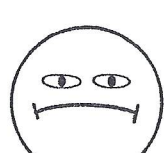
Joyful



Lonely



Miserable



Negative



Nervous



Optimistic



Regretful



Sad



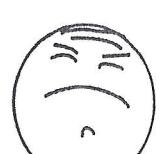
Satisfied



Scared



Shocked



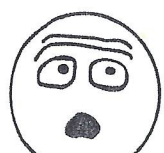
Stubborn



Surprised



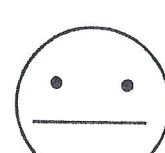
Suspicious



Sympathetic



Undecided



Withdrawn