



TREEHOUSE

# The Grace Space: Family Check-In

I'VE BEEN FEELING

abandoned	content	inspired	shocked
afraid	curious	jealous	shy
angry	defeated	joyful	silly
annoyed	embarrassed	left out	smart
anxious	encouraged	lonely	sneaky
appreciated	excited	loved	surprised
ashamed	frustrated	mad	stressed
blessed	guilty	nervous	thankful
brave	happy	optimistic	thoughtful
calm	helpful	peaceful	tired
capable	hopeful	proud	worried
cheerful	hurt	relieved	worthwhile
confused	ignored	sad	unwanted
confident	impatient	scared	upset



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## EMOTIONS

→ Rate your week from  
1-10 (1 being low and  
10 being high)

→ List 3-5 emotions  
you had today

→ Share more about at  
least one emotion and  
why you felt that way



alone



afraid



angry



annoyed



anxious



ashamed



concerned



conflicted



disappointed



embarrassed



excited



frustrated



guilty



happy



helpless



hurt



infatuated



insecure



jealous



miserable



overwhelmed



proud



sad



thankful



worried