Feelings ID Card

Identifying our feelings can help us notice whether we’re acting from our learning or survival brain. This list provides some examples of emotions associated with our different mental states.

**Learning Brain**
- peaceful
- flexible
- interested
- creative
- energized
- grateful
- optimistic
- patient
- content
- calm
- understanding
- alert
- focused
- happy
- curious

**Survival Brain**
- sluggish
- confused
- frustrated
- irritated
- worried
- angry
- anxious
- stressed
- out of control
- disconnected
- bothered
- sad