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# Identifying feeling states

								
Very happy	Happy	OK	Confused	Not happy, not sad, strange feeling	Weird, quite sad, I'm upset, crying, not very happy feeling	I'm angry, annoying, gets on my nerves, mad, upset	Terrified, worried, upset, not nice, painful	Really unhappy, terrifying, shocked

Preview

The C&FT Emotions palette was originally developed for Calam, R.M., Cox, A.D., Glasgow, D.V., Jimmieson, P. and Groth Larsen, S. (2005) *In My Shoes*. York: Child and Family Training.