



weight management psychology

Feeling Clusters Journal



Weak, powerless,
or hopeless



Betrayed,
abandoned, let down



Guilty, shameful,
disappointed with myself

Sad, blue, down

Stressed, tense,
overwhelmed

Tired, exhausted, fatigued



Angry, frustrated,
resentful, hostile

Feeling Clusters Journal



Uncertain,
confused, insecure

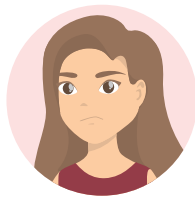
Bored, lonely,
disconnected

Humiliated,
embarrassed, belittled

Jealous, yearning,
longing



Anxious, scared,
frightened,



Hurt, upset,
disappointed

