



**The feelings listed below are often felt by family and friends of alcoholics and other drug addicts.** Identify your feelings, indicating the degree to which you feel these (1 – low and 10 – high) and write about them. Add other feelings you've experienced at the bottom and write about them as well.

Alarm \_\_\_\_\_

Anger \_\_\_\_\_

Anxiety \_\_\_\_\_

Apprehension \_\_\_\_\_

Concern \_\_\_\_\_

Distrust \_\_\_\_\_

Dread \_\_\_\_\_

Fear \_\_\_\_\_

Fright \_\_\_\_\_

Frustration \_\_\_\_\_

Hatred \_\_\_\_\_

Horror \_\_\_\_\_

Imposed Upon \_\_\_\_\_

Like \_\_\_\_\_

Love \_\_\_\_\_

Panic \_\_\_\_\_

Threatened \_\_\_\_\_

Trepidation \_\_\_\_\_

Worry \_\_\_\_\_

Uncommitted \_\_\_\_\_

**Feel free to use the back of the page for additional feelings and comments.**