



Situation - Behavior - Impact (S.B.I.)

Words to Describe Impact

Positive Feeling Words (+)

Accepted	Eager	Happy	Pleased
Appreciated	Encouraged	Honored	Proud
At-ease	Energized	Impressed	Relieved
Calm	Engaged	Included	Rewarded
Capable	Enjoyed	Inspired	Satisfied
Cared for	Excited	Interested	Supported
Challenged	Glad	Involved	Validated
Comforted	Gratified	Motivated	Valued

Negative or Uncertain Feeling Words (-)

Alone	Foolish	Nervous	Unappreciated
Annoyed	Frustrated	Overwhelmed	Uncertain
Anxious	Guilty	Pressured	Uneasy
Bored	Ignored	Put-off	Unhappy
Confused	Impatient	Rejected	Upset
Curious	Intimidated	Restless	Vulnerable
Devalued	Irritated	Sad	Worried
Disappointed	Isolated	Skeptical	
Disconnected	Jealous	Surprised	
Discounted	Judged		
Discouraged			

NOTES: