



# List of Emotions and Feelings

UNEASY	ANGRY	Notes
<input type="checkbox"/> nervous	<input type="checkbox"/> frustrated	
<input type="checkbox"/> tense	<input type="checkbox"/> cross	
<input type="checkbox"/> anxious	<input type="checkbox"/> irritated	
<input type="checkbox"/> flustered	<input type="checkbox"/> annoyed	
<input type="checkbox"/> insecure	<input type="checkbox"/> furious	
<input type="checkbox"/> angry	<input type="checkbox"/> livid	
<input type="checkbox"/> cross	<input type="checkbox"/> enraged	
<input type="checkbox"/> confused	<input type="checkbox"/> hurt	
<input type="checkbox"/> bored	<input type="checkbox"/> inadequate	
<input type="checkbox"/> flat	<input type="checkbox"/> trapped	
<input type="checkbox"/> apathetic	<input type="checkbox"/> tired	
<input type="checkbox"/> weak	<input type="checkbox"/> scared	
<input type="checkbox"/> shocked	<input type="checkbox"/> embarrassed	
<input type="checkbox"/> pressured	<input type="checkbox"/> used	
<input type="checkbox"/> uncomfortable	<input type="checkbox"/> jealous	

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> lonely       | <input type="checkbox"/> overburdened |
| <input type="checkbox"/> discontented | <input type="checkbox"/> pissed-off   |
| <input type="checkbox"/> foolish      | <input type="checkbox"/> miffed       |

UNEASY	ANGRY	Notes
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- |  |   |  |
|--|---|--|
| <p>stupid</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> awkward</li> <li><input type="checkbox"/> silly</li> <li><input type="checkbox"/> embarrassed</li> <li><input type="checkbox"/> low</li> <li><input type="checkbox"/> envious</li> <li><input type="checkbox"/> uneasy</li> <li><input type="checkbox"/> silly</li> <li><input type="checkbox"/> self-conscious</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> disgusted</li> <li><input type="checkbox"/> aggrieved</li> <li><input type="checkbox"/> disdain</li> <li><input type="checkbox"/> scornful</li> <li><input type="checkbox"/> enraged</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> <li><input type="checkbox"/> .....</li> </ul> |  |
|--|---|--|

FRIGHTENED	HAPPY	Notes
<input type="checkbox"/> uneasy	<input type="checkbox"/> pleased	
<input type="checkbox"/> weak	<input type="checkbox"/> glad	
<input type="checkbox"/> insecure	<input type="checkbox"/> wonderful	
<input type="checkbox"/> inadequate	<input type="checkbox"/> elated	
<input type="checkbox"/> tense	<input type="checkbox"/> excited	
<input type="checkbox"/> anxious	<input type="checkbox"/> content	
<input type="checkbox"/> nervous	<input type="checkbox"/> surprised	
<input type="checkbox"/> scared	<input type="checkbox"/> proud	
<input type="checkbox"/> petrified	<input type="checkbox"/> relieved	
<input type="checkbox"/> threatened	<input type="checkbox"/> satisfied	
<input type="checkbox"/> trapped	<input type="checkbox"/> confident	
<input type="checkbox"/> horrified	<input type="checkbox"/> hopeful	
<input type="checkbox"/> used	<input type="checkbox"/> peaceful	
<input type="checkbox"/> despairing	<input type="checkbox"/> comfortable	
<input type="checkbox"/> miserable	<input type="checkbox"/> calm	
<input type="checkbox"/> lonely	<input type="checkbox"/> Relaxed	
<input type="checkbox"/> shocked	<input type="checkbox"/> warm	
<input type="checkbox"/> traumatised	<input type="checkbox"/> overjoyed	

terrified

over the moon

FRIGHTENED	HAPPY	Notes
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ashamed

love

overwhelmed

loved

persecuted

grateful

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romantic

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Notes

NEGATIVE	POSITIVE	Notes
<input type="checkbox"/> distrustful	<input type="checkbox"/> determined	
<input type="checkbox"/> suspicious	<input type="checkbox"/> forgiving	
<input type="checkbox"/> scornful	<input type="checkbox"/> hopeful	
<input type="checkbox"/> disdain	<input type="checkbox"/> motivated	
<input type="checkbox"/> bitter	<input type="checkbox"/> inspired	
<input type="checkbox"/> stupid	<input type="checkbox"/> daring	
<input type="checkbox"/> worthless	<input type="checkbox"/> energetic	
<input type="checkbox"/> jealous	<input type="checkbox"/> energised	
<input type="checkbox"/> paranoid	<input type="checkbox"/> loving	
<input type="checkbox"/> resentful	<input type="checkbox"/> eager	
<input type="checkbox"/> contempt	<input type="checkbox"/> excited	
<input type="checkbox"/> empty	<input type="checkbox"/> receptive	
<input type="checkbox"/> put upon	<input type="checkbox"/> happy	
<input type="checkbox"/> gloomy	<input type="checkbox"/> caring	
<input type="checkbox"/> irritated	<input type="checkbox"/> confident	
<input type="checkbox"/> resentful	<input type="checkbox"/> hopeful	
<input type="checkbox"/> disgruntled	<input type="checkbox"/> strong	
<input type="checkbox"/> .....	<input type="checkbox"/> vitality	

NEGATIVE	POSITIVE	Notes
<input type="checkbox"/> .....	<input type="checkbox"/> joy	
<input type="checkbox"/> .....	<input type="checkbox"/> grateful	
<input type="checkbox"/> .....	<input type="checkbox"/> serene	
	<input type="checkbox"/> in awe	
	<input type="checkbox"/> amused	
	<input type="checkbox"/> amazed	
	<input type="checkbox"/> thankful	
	<input type="checkbox"/> content	
	<input type="checkbox"/> peaceful	
	<input type="checkbox"/> self-assured	
	<input type="checkbox"/> proud	
	<input type="checkbox"/> Trusting	
	<input type="checkbox"/> .....	
	<input type="checkbox"/> .....	
	<input type="checkbox"/> .....	
	<input type="checkbox"/> .....	
	<input type="checkbox"/> .....	

UNHAPPY	UPSET	Notes
<ul style="list-style-type: none"><li><input type="checkbox"/> hurt</li><li><input type="checkbox"/> upset</li><li><input type="checkbox"/> lonely</li><li><input type="checkbox"/> guilty</li><li><input type="checkbox"/> miserable</li><li><input type="checkbox"/> bereft</li><li><input type="checkbox"/> despairing</li><li><input type="checkbox"/> devastated</li><li><input type="checkbox"/> lost</li><li><input type="checkbox"/> down</li><li><input type="checkbox"/> depressed</li><li><input type="checkbox"/> low</li><li><input type="checkbox"/> grief</li><li><input type="checkbox"/> sad</li><li><input type="checkbox"/> humiliated</li><li><input type="checkbox"/> ashamed</li><li><input type="checkbox"/> rejected</li><li><input type="checkbox"/> self-conscious</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> angry</li><li><input type="checkbox"/> frustrated</li><li><input type="checkbox"/> cross</li><li><input type="checkbox"/> sad</li><li><input type="checkbox"/> tearful</li><li><input type="checkbox"/> hurt</li><li><input type="checkbox"/> miserable</li><li><input type="checkbox"/> weepy</li><li><input type="checkbox"/> irritated</li><li><input type="checkbox"/> shame</li><li><input type="checkbox"/> regretful</li><li><input type="checkbox"/> annoyed</li><li><input type="checkbox"/> bothered</li><li><input type="checkbox"/> insulted</li><li><input type="checkbox"/> embarrassed</li><li><input type="checkbox"/> troubled</li><li><input type="checkbox"/> worried</li></ul>	



overwhelmed

concerned

UNHAPPY

UPSET

Notes

used

embarrassed

downhearted

suicidal

empty

offended

wary

melancholic

Shattered

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Mixed Up

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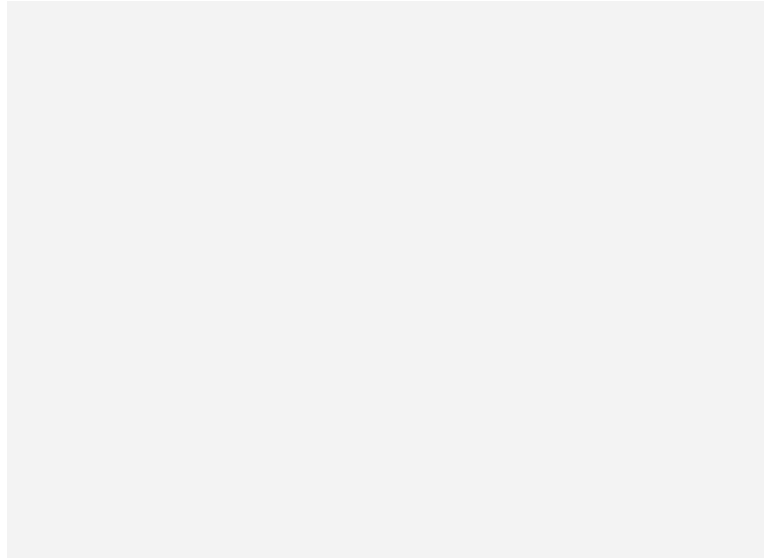
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CONFUSED	Notes
<ul style="list-style-type: none"><li><input type="checkbox"/> hurt</li><li><input type="checkbox"/> upset</li><li><input type="checkbox"/> lonely</li><li><input type="checkbox"/> inadequate</li><li><input type="checkbox"/> cross</li><li><input type="checkbox"/> miserable</li><li><input type="checkbox"/> shocked</li><li><input type="checkbox"/> mixed-up</li><li><input type="checkbox"/> nervous</li><li><input type="checkbox"/> scared</li><li><input type="checkbox"/> discontented</li><li><input type="checkbox"/> foolish</li><li><input type="checkbox"/> stupid</li><li><input type="checkbox"/> jealous</li><li><input type="checkbox"/> amazed</li><li><input type="checkbox"/> baffled</li><li><input type="checkbox"/> surprised</li><li><input type="checkbox"/> wary</li><li><input type="checkbox"/> vulnerable</li></ul>	

- stressed
- Anxious
- .....
- .....
- .....
- .....
- .....



Notes

