

U N C O M F O R T A B L E E M O T I O N S

F E A R	Stressed	Overwhelmed	A N G E R	Offended	Insulted	E M B A R A S S E D	Disrespected	Humiliated
		Desperate			Mocked			Ridiculed
	Worried	Anxious		Indignant	Insignificant		Worthless	Insignificant
		Alarmed			Inadequate			Inadequate
	Apprehensive	Timid		Dismayed	Let Down		Guilty	Remorseful
		Nervous			Betrayed			Repentant
	Inadequate	Inferior		Bitter	Resentful		Sheepish	Contrite
		Insecure			Jealous			Abashed
	Confused	Perturbed		Frustrated	Annoyed		Ashamed	Mortified
		Bewildered			Infuriated			Humiliated
	Threatened	Intimidated		Aggressive	Hostile		Inferior	Weak
		Exposed			Belligerent			Small
	Helpless	Powerless		Harassed	Persecuted		Silenced	Unimportant
		Out of Control			Provoked			Inconsequential
S A D N E S S	Depressed	Despondent	L O N E L I N E S S	Distant	Withdrawn	D I S L I K E	Dismissive	Contemptuous
		Bleak			Detached			Disdainful
	Hurt	Injured		Lonely	Isolated		Disgusted	Revolted
		Deflated			Forlorn			Nauseated
	Berett	Disconsolate		Excluded	Deserted		Suspicious	Disturbed
		Inconsolable			Forsaken			Scandalized
	Melancholy	Forlorn		Fragile	Vulnerable		Appalled	Sickened
		Sorrowful			Exposed			Aghast
	Subdued	Gloomy		Abandoned	Rejected		Repelled	Repulsed
		Sombre			Friendless			Loathe
	Aggrieved	Agonized		Desolate	Bleak		Skeptical	Critical
		Desolate			Destroyed			Uncertain
	Discouraged	Small		Bored	Apathetic		Dismayed	Shocked
		Broken			Indifferent			Horried

C O M F O R T A B L E E M O T I O N S

ACCEPTED	Respected	Validated	LOVING	Accepting	Respectful	EXCITED	Amazed	Astonished
		Valued			Friendly			Awed
	Cooperative	Constructive		Grateful	Pleased		Suprised	Delighted
		Helpful			Beneficent			Thrilled
	Honoured	Esteemed		Loved	Favored		Energetic	Eager
		Important			Adored			Enthusiastic
	Beloved	Cherished		Caring	Considerate		Aroused	Passionate
		Previous			Nurturing			Stimulated
	Attractive	Interesting		Generous	Kindhearted		Moved	Stirred
		Beautiful			Devoted			Motivated
	Popular	Admired		Tolerant	Amiable		Expectant	Fired Up
		In Demand			Affirmed			Piqued
	Wanted	Needed		Committed	Faithful		Charged	Animated
		Appreciated			Doting			Prepared
HAPPY	Joyful	Cheery	CONFIDENT	Trusting	Earnest	INTERESTED	Curious	Thoughtful
		Upbeat			Assured			Inquisitive
	Positive	Sanguine		Fearless	Convinced		Playful	Feisty
		Resilient			Dauntless			Cheeky
	Content	Satisfied		Hopeful	Authentic		Creative	Engaged
		At Ease			Truthful			Inspired
	Ecstatic	Elated		Optimistic	Upbeat		Attracted	Infatuated
		Overjoyed			Positive			Captivated
	Liberated	Triumphant		Bold	Brave		Allured	Enticed
		Uplifted			Courageous			Drawn
	Peaceful	Serene		Powerful	Self-Reliant		Intrigued	Beguiled
		Calm			Magnanimous			Fascinated
	Euphoric	Radiant		Proud	Expansive		Sensitive	Responsive
		Bright			Self-Assured			Receptive