

Emotions Menu

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COUNSELLING & STUDIO

Angry	Sad	Vulnerable or Hurt	Scared	Open-Hearted	Peaceful
aggressive	abandoned	awful	afraid	aware	accepted
covetous	alone	exposed	anxious	hopeful	calm
critical	apathetic	humiliated	bewildered	inspired	clear
disappointed	ashamed	hurt	confused	loving	compassionate
disapproving	bored	ignored	discouraged	open	connected
distant	depressed	insecure	dismayed	playful	content
enraged	despairing	pained	embarrassed	sensitive	creative
frustrated	disappointed	raw	fearful	inquisitive	curious
furious	droopy	rejected	frightened	respectful	grateful
hateful	empty	sensitive	helpless	loving	relaxed
hostile	flat	submissive	hesitant	nurturing	secure
hurt	ignored	threatened	inadequate	pensive	serene
infuriated	indifferent	constricted	insignificant	philosophical	
irate	isolated	avoiding	overwhelmed	responsive	
irritated	lonely	confused	rejected	tender	
jealous	remorseful	hidden	shocked	thankful	
mad	sleepy	indifferent	startled	thoughtful	
pisSED	tired	withdrawn	submissive	fulfilled	
provoked	withdrawn	tight	terrified		
resentful			worried		
sarcastic					
selfish					
skeptical					
violated					
Distrustful	Disgusted	Confident	Ashamed	Joyful	Excited
astonished	aversion	amazing	alienated	amused	activated
disillusioned	detestable	appreciated	devastated	brave	amazed
judgmental	disapproving	creative	disrespected	cheerful	awed
loathing	grossed out	discerning	embarrassed	courageous	courageous
perplexed	rejecting	important	empty	creative	eager
repugnant	revolted	invincible	inadequate	daring	ecstatic
sarcastic		powerful	inferior	energetic	energized
skeptical		proud	insecure	excited	expansive
suspicious		strong	insignificant	fascinated	faithful
provocative		successful	isolated	happy	high
		valuable	powerless	hopeful	interested
		worthwhile	ridiculed	optimistic	liberated
			victimized	playful	surprised
			vulnerable	sensual	wondrous
			withdrawn	sensuous	
			worthless	stimulated	
				amused	
				joyous	
				wonderful	

Physical Sensations Menu

Tender	Angry	Sad	Energized	Scared	Anxiety
aglow	burning	heavy	activated	cold	dizzy
cozy	clenched	alone	breathless	dark	fluttery
melting	constricted	blue	bubbly	shaky	nauseous
moved	dense	burdened	buzzy	shivery	pit in stomach
tender	energized	down	electric	sweaty	queasy
touched	explosive	empty	energized	trembling	spacey
warm	firey	hollow	floating		tingling
	hot	untethered	fluid		twitchy
	impulsive	weighted	itchy		
			nervy		
			pounding		
			radiating		
Shame or Depressed	knotted		referring		
	red hot		shimmery		
	rush		streaming		
			tingling		
			twitchy		
Constricted	Vulnerable or Hurt				Open-Hearted
draining		armored			airy
alone		blocked			alive
contracted		clenched			awake
cut-off	achy	closed			expanded
disappearing	bruised	cold			expansive
disconnected	cutting	congested			flowing
empty	open	constricted			full
frozen	piercing	contracted			light
heavy	prickly	cool			open
hiding	raw	knotted			relaxed
icy	searing	numb			releasing
imploding	sensitive	stuck			shimmering
small	sore	suffocated			smooth
	wobbly	tense			spacious
		thick			still
		throbbing			vital
		tight			
		wooden			