

**ሰሌዳ ስምዒትን-ሀውሰትን**  
**Emotion-Sensation Table**

<b>ፍንፊና</b>	Avoidance ግለላ/ይትረፈኒ ምባል	Hesitant ተወላዋሊ	
		Aversion ጸልአተ-ገር	
	Awful ሕማቆ/ግናይ	Detestable ፎ. ዘብል	
		Revulsion ዘስገድግድ	
	Disappointed ተሰፋ. ዝቕረጸ	Revolted ዘጸልእ	
		Repugnant ዓዲ ዘሕድግ	
	Disapproval ዘይምቕባል	Loathing ምሒር ጸልአት	
		Judgmental ንኹሉ ክትነጽጎ ምፍታን	
	<b>ሕርቃን</b>	Critical ነቓፊ	Sarcastic ብኣሽሙር ዚዘረብ
			Skeptical ንኹሉ ዚጠራጠር
Distant ርሑቕ		Suspicious ጠርጣሪ	
		Withdrawn ግሉል	
Frustrated እተበሳጨወ		Irritated ገርጫው	
		Infuriate ሓራቕ	
Aggressive ተበኣሲ		Hostile ተኹታኹ	
		Provoked በግ ዚብል	
Mad ዕቡድ		Enraged ዝናደድ	
		Furious ዚቃጸል ብቐጥዕ	
Hateful ጸሉእ/ጸልአት ዚፈጥር		Violated እተዓመጸ	
		Resentful ኮርፋፍ/ተቐያሚ	
Threatened ዝተፈራርሀ		Jealous ቀናእ/ሓሳድ	
		Insecure	

		ውሕስነት ዘይስምዖ	
	Hurt ጉድኣት	Devastated ብጓሂ ዝተሰነፈ	
		Embarrassed ዝሓፈረ	
ፍርሂ	Humiliated እተዋረደ	Ridiculed ዝተዋረደ/ዘባጨዉሉ	
		Disrespected ክብረቱ ዝሓሰረ	
	Rejected እተደርበዩ	Alienated ዝተነጸገ/ዝተነጸለ	
		Inadequate ዘይእኹል	
	Submissive ሕግብግብ ዚብል	Insignificant ኣብ ቁጽሪ ዘይኣቱ	
		Worthless ብላሽ	
	Insecure ኣብ ኑብሱ እምነት ዘይብሉ	Inferior ውርደተኛ/መስኪን	
		Inadequate ዘይብቑዕ	
	Anxious ህንጡይ	Worried እተሻቐለ	
		Overwhelmed ምኽኣል ዝሰኣኖ	
	Scared ዝረዓደ	Frightened ዝተዳህለ	
		Terrified ዝረዓደ	
	ሃንደበትነት/ኣግርሞት	Startled ልቡ ዝመሎቐ	Shocked ዝሰምበደ
			Dismayed ሕልናኡ ዝዓረበ
Confused ግር ዝበሎ		Disillusioned ትምኒቱ ናብ ትኪ እተለወጠ	
		Perplexed ጋን ዝበሎ	
Amazed እተገረመ		Astonished ኣመና ዝገረሞ	
		Awe ፍርሂ/ስምባደ	
Excited እተረበጸ		Eager ህንጡይ	

		Energetic ሓይሊ ዚስምዖ
ታሕጓስ	Joyful ሕጉስ	Liberated ሓራ ዝወጸ
		Ecstatic ብሓጎስ እተፈንጨሐ
	Interested ተገዳስነት ዘርእይ	Amused ዝተዛነየ
		Inquisitive ወጣም/ክትፈልጥ ምድላይ
	Proud ኸኖዕ	Important አገዳሲ
		Confident አብ ነብሱ ዚተኣማመን
	Accepted ተቐባልነት ዝረኸበ	Respected ክብሪ ዝዓሰሎ
		Fulfilled ልቡ ዝሰመረሉ
	Powerful ሓይሊ ዝመልኦ	Courageous ተባዕ/ምዑት
		Provocative ጻሕታር ነገር
	Peaceful ሰላማዊ/ሀዲእ	Loving ፈቃር
		Hopeful ተስፋ ዝመልኦ
	Intimate ምቕሉል	Sensitive ተነቃፊ
		Playful ተጻዎታይ/ምቕሉል
Optimistic በዓል ጽቡቕ ትምኒት	Open ክፉት ልቢ	
	Inspired ድኅኽ	
ጓሂ	Bored ዝሰልቸዎ	Indifferent ዘይግደስ/ጣጣ ዘይብሉ
		Apathetic ዘይዓጦ
	Lonely ብጻይ ዘይብሉ	Isolated ብከቱው
		Abandoned ንጹግ/ንጹል
	Depressed	Empty

	ዝቅዘን	ጓንጓ
		Inferior መስኪን
	Despair ሕልናኡ ዝግረቦ	Vulnerable ተነቓፊ/ንግዳይነት ቅሉዕ
		Powerless ድኻም
	Abandoned እተደርበዩ	Victimized ውጹዕ
		Ignored ኣብ ቁጽሪ ዘይኣቱ
	Guilty ኑብሱ ዚወቅሱ	Ashamed እተዋረደ
		Remorseful ጣዕሳን ጓህን ዝግብለሎ