

Examples of Emotions

FEAR			LOVE		NEUTRAL	
Scared	Angry	Sad	Happy	Strong	Confused	Weak
Terrified	Furious	Grief	Elated	Empowered	Trapped	Helpless
Frightened	Outraged	Depressed	Overjoyed	Proud	Desperate	Overwhelmed
Threatened	Seething	Hopeless	Ecstatic	Determined	Lost	Small
Insecure	Upset	Heartbroken	Delighted	Energetic	Disorganized	Exhausted
Shocked	Mad	Upset	Cheerful	Capable	Unsure	Lazy
Nervous	Frustrated	Distressed	Satisfied	Confident	Puzzled	Insecure
Worried	Annoyed	Regret	Content	Secure	Foggy	Shy
Unsure	Agitated	Disappointment	Glad	Adequate	Undecided	Dependent
Anxious	Irritated	Dissatisfied	Pleased	Able	Perplexed	Drained