

List of Emotions

POSITIVE		NEGATIVE	
Accepted	Independent	Angry	Offended
Acknowledged	Inspired	Annoyed	Overwhelmed
Amazed	Interested	Anxious	Pessimistic
Amused	Joyful	Ashamed	Resentful
Appreciated	Loved	Awful	Run-down
Attractive	Loving	Bitter	Sad
Blissful	Motivated	Bored	Scared
Calm	Nurtured	Confused	Self-conscious
Capable	Passionate	Crushed	Shy
Caring	Peaceful	Depressed	Shocked
Cheerful	Playful	Disgusted	Somber
Comfortable	Powerful	Disheartened	Sorrowful
Competent	Protected	Doubtful	Stupid
Confident	Proud	Drained	Suspicious
Content	Reassured	Embarrassed	Tearful
Creative	Relaxed	Enraged	Tense
Curious	Relieved	Envious	Terrified
Delighted	Relieved	Foolish	Tortured
Determined	Respected	Frustrated	Trapped
Eager	Safe	Furious	Uncertain
Ecstatic	Satisfied	Gloomy	Uncomfortable
Elated	Silly	Hateful	Unhappy
Empowered	Strong	Heartbroken	Upset
Encouraged	Trusted	Helpless	Victimized
Energetic	Trusting	Hesitant	Weary
Enthusiastic	Understood	Hurt	Weepy
Excited	Valued	Inadequate	Worn-out
Glad		Insecure	Worried
Gleeful		Irritated	Worthless
Grateful		Jealous	Wounded
Happy		Lonely	
Healthy		Lost	
Hopeful		Miserable	
Important		Mistreated	
Included		Nervous	