



# EMOTIONS CHART

## EMOTIONS

	SADNESS	ENGAGED	HAPPINESS	ANGER	FEAR
	Disappointed	Calm	Content	Irritated	Shy
	Bummed	Relaxed	Peaceful	Annoyed	Anxious
	Bored	Serene	Pleased	Aggravated	Nervous
	Gloomy	Open-Minded	Cheerful	Envious	Panicked
	Weary	Relieved	Curious	Jealous	<b>OTHER</b>
	Withdrawn	Satisfied	Confident	Disappointed	Relief
	Lonely	Focused	Respected	Critical	Goofy
	Unhappy	Present	Loving	Offended	Playful
	Excluded	Mindful	Joyful	Upset	Amazed
	Discouraged	Accepted	Giddy	Frustrated	Accepted
	Depressed	Connected	Excited	Mad	Bittersweet
	Miserable	Proud	Hyper	Furious	Uncertain
	Distraught	Grateful	Thrilled	Fuming	Confused
	Hopeless	Enthusiastic	Ecstatic	Humiliated	Distracted
	Numb	Inspired	Courageous	Outraged	Overwhelmed
		Safe			

INTENSITY