



A Vocabulary of Emotions: *I Feel* _____

	Happy	Caring	Confident	High/Low Energy	Guilt or Shame	Apathetic	Fearful	Sad	Angry	Uncertain
Mild "A little" "A little bit" "slightly" "mildly"	Glad Pleased Content Warm	Appreciative Grateful Interested in Sympathetic	Committed Competent Determined Focused Open	Calm Chill Laid back Relaxed Serene	Embarrassed Hesitant Reluctant	Disinterested Dull Flat	Cautious On edge Shy Tense Uncomfortable	Disappointed Down In a funk Lonely Unhappy	Frustrated Impatient Irritated	Confused Distracted Surprised Unsure
Medium	Cheerful Delighted Optimistic Playful	Admiring Affectionate Close to Compassionate Concerned Empathetic Loving Trusting	Brave Hopeful Proud Receptive Resilient	Awake Eager Excited Lazy Tired Worn out	Apologetic Exposed Guilty Sorry	Aloof Bored Vacant Indifferent	Alarmed Anxious Worried Nervous Scared	Disconnected Discouraged Hurt Insignificant Upset	Annoyed Defensive Exasperated Mad Resentful	Lost Misunderstood Perplexed Stuck
Strong "Extremely" "Really" "Very" "Super"	Amazed Ecstatic Elated Overjoyed Thrilled	Adoring Crazy about Fascinated Passionate Protective of Obsessed	Inspired Daring Brash Bold	Enthusiastic Exhausted Fatigued Pumped up	Ashamed Horrible Humiliated Mortified Worthless		Freaked out Horrificed Intimidated Terrified	Awful Crushed Depressed Hopeless Miserable	Bitter Disgusted Furious Pissed off Outraged Vengeful	Bewildered Overwhelmed Powerless Shocked Stunned

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