

Naming your Emotions

Intensity of Feelings	Happy	Sad	Angry	Confused
High	Elated Excited Overjoyed Thrilled Exuberant Fired-up Delighted	Depressed Disappointed Alone Hurt Left-out Hopeless Sorrowful Crushed	Furious Enraged Outraged Aggravated Irate Seething	Bewildered Trapped Troubled Desperate Spaced-out Lost
Medium	Cheerful Up Good Relieved Satisfied Contented	Heart-broken Down Upset Distressed Regret	Upset Mad Annoyed Frustrated Agitated Disgusted	Disorganized Foggy Misplaced Disoriented Mixed-up
Low	Glad Satisfied Pleasant Fine Mellow Pleased	Unhappy Moody Blue Sorry Lost Bad Dissatisfied	Perturbed Uptight Dismayed Put out Irritated Touchy	Unsure Puzzled Bothered Uncomfortable Undecided Baffled Perplexed

Intensity of Feelings	Afraid	Weak	Strong	Guilty
High	Terrified Horrorified Petrified Fearful Panicky	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained	Powerful Aggressive Potent Super Forceful Proud Determined	Sorrowful Remorseful Ashamed Unworthy Worthless
Medium	Scared Frightened Threatened Insecure Uneasy Spooked	Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy	Energetic Capable Confident Persuasive Sure	Sorry Lowdown Sneaky
Low	Apprehensive Nervous Worried Timid Unsure	Unsatisfied Under-par Shaky Unsure Soft Lethargic Inadequate	Secure Durable Adequate Able capable	embarrassed