## **Naming your Emotions**

Intensity of Feelings	Нарру	Sad	Angry	Confused
High	Elated	Depressed	Furious	Bewildered
	Excited	Disappointed	Enraged	Trapped
	Overjoyed	Alone	Outraged	Troubled
	Thrilled	Hurt	Aggravated	Desperate
	Exuberant	Left-out	Irate	Spaced-out
	Fired-up	Hopeless	Seething	Lost
	Delighted	Sorrowful		
		Crushed		
Medium	Cheerful	Heart-broken	Upset	Disorganized
	Up	Down	Mad	Foggy
	Good	Upset	Annoyed	Misplaced
	Relieved	Distressed	Frustrated	Disoriented
	Satisfied	Regret	Agitated	Mixed-up
	Contented		Disgusted	
Low	Glad	Unhappy	Perturbed	Unsure
	Satisfied	Moody	Uptight	Puzzled
	Pleasant	Blue	Dismayed	Bothered
	Fine	Sorry	Put out	Uncomfortable
	Mellow	Lost	Irritated	Undecided
	Pleased	Bad	Touchy	Baffled
		Dissatisfied		Perplexed
Intensity of Feelings	Afraid	Weak	Strong	Guilty
Intensity of Feelings High	Terrified	Helpless	Powerful	Sorrowful
	Terrified Horrified	Helpless Hopeless	Powerful Aggressive	Sorrowful Remorseful
	Terrified Horrified Petrified	Helpless Hopeless Beat	Powerful Aggressive Potent	Sorrowful Remorseful Ashamed
	Terrified Horrified Petrified Fearful	Helpless Hopeless Beat Overwhelmed	Powerful Aggressive Potent Super	Sorrowful Remorseful Ashamed Unworthy
	Terrified Horrified Petrified	Helpless Hopeless Beat Overwhelmed Impotent	Powerful Aggressive Potent Super Forceful	Sorrowful Remorseful Ashamed
	Terrified Horrified Petrified Fearful	Helpless Hopeless Beat Overwhelmed Impotent Exhausted	Powerful Aggressive Potent Super Forceful Proud	Sorrowful Remorseful Ashamed Unworthy
High	Terrified Horrified Petrified Fearful Panicky	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained	Powerful Aggressive Potent Super Forceful Proud Determined	Sorrowful Remorseful Ashamed Unworthy Worthless
	Terrified Horrified Petrified Fearful Panicky Scared	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent	Powerful Aggressive Potent Super Forceful Proud Determined Energetic	Sorrowful Remorseful Ashamed Unworthy Worthless
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown
High	Terrified Horrified Petrified Fearful Panicky Scared	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident	Sorrowful Remorseful Ashamed Unworthy Worthless
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown Sneaky
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked  Apprehensive	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy Unsatisfied	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked  Apprehensive Nervous	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy Unsatisfied Under-par	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure  Secure Durable	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown Sneaky
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked  Apprehensive Nervous Worried	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy Unsatisfied Under-par Shaky	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure  Secure Durable Adequate	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown Sneaky
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked  Apprehensive Nervous Worried Timid	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy Unsatisfied Under-par Shaky Unsure	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure  Secure Durable Adequate Able	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown Sneaky
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked  Apprehensive Nervous Worried	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy Unsatisfied Under-par Shaky Unsure Soft	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure  Secure Durable Adequate	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown Sneaky
High	Terrified Horrified Petrified Fearful Panicky  Scared Frightened Threatened Insecure Uneasy Spooked  Apprehensive Nervous Worried Timid	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained Dependent Incapable Lifeless Tired Rundown Lazy Insecure Shy Unsatisfied Under-par Shaky Unsure	Powerful Aggressive Potent Super Forceful Proud Determined Energetic Capable Confident Persuasive Sure  Secure Durable Adequate Able	Sorrowful Remorseful Ashamed Unworthy Worthless  Sorry Lowdown Sneaky