

## Happy / Content

JOYFUL	GRATEFUL	PROUD	RELAXED	LOVING	HOPEFUL	INSPIRED	ENGAGED
cheerful	touched	confident	content	affectionate	optimistic	uplifted	fascinated
playful	humble	fulfilled	calm	warm	trusting	imaginative	absorbed
euphoric	appreciative	valued	at ease	connected	expectant	driven	inventive
radiant	gifted	accomplished	rested	accepted	encouraged	enthusiastic	in flow
excited							

## Sad / Hurt

LONELY	DISAPPOINTED	GRIEVING	DESPAIRING	WEARY	REMORSEFUL	HOPELESS	NOSTALGIC
abandoned	rejected	sense of loss	hopeless	apathetic	self-blaming	trapped	reminiscing
misunderstood	humiliated	mourning	depleted	burnt out	repentant	baffled	melancholic
isolated	resigned	aching	broken	drained	fragile	lost	longing
empty	disillusioned	sorrowful	resigned	fading	compassionate	despairing	bittersweet
overlooked							

## Nostalgic / Past-oriented

REMINISCING	SENTIMENTAL	SENSE OF LOSS
reflective	warm	mournful
dreamy	melancholic	longing
retrospective	tender	grieving
idealizing	sensitively	heartbroken
romantic		

## Angry / Frustrated

IRRITATED	HURT / OFFENDED	OUTRAGED	BETRAYED	AGGRESSIVE	ENVIUS	UNAPPRECIATED / UNACKNOWLEDGED	CONTROLLED / POWERLESS
impatient	humiliated	indignant	rejected	explosive	jealous	unheard	manipulated
displeased	ridiculed	hostile	wounded	enraged	resentful	undervalued	helpless
overwhelmed	wronged	embittered	disappointed	hostile	inadequate	unaccepted	constrained
snappy	hurt	furious	deceived	provoked	comparing	overlooked	exploited
grumpy							

## Fearful / Unsure

ANXIOUS	TERRIFIED	UNCERTAIN	REJECTED	TIMID	THREATENED	CAUGHT OFF GUARD	WEAK
flooded	numb	indecisive	excluded	shy	suspicious	unprepared	worthless
tense	panicked	submissive	suppressed	withdrawn	vigilant	thrown off balance	insignificant
constricted	endangered	inadequate	unrecognized	inhibited	unprotected	helpless	vulnerable
restless	paralyzed	inferior	unaccepted	taken aback	nervous		feeble
apprehensive					paranoid		

## Chaotic / Overwhelmed

OVERLOADED	UNBALANCED
flooded	labile
scattered	changeable
exhausted	agitated
under pressure	thrown off

## Disgusted / Averse

REPULSED	CONTEMPTUOUS	EMBARRASSED / AWKWARD	DISGUSTED	AVERSIVE / REJECTING	DISAPPOINTED
repellent	superior	inappropriate	disapproving	critical	disillusioned
loathing	sarcastic	rejected	revolted	skeptical	distrustful
disgusted	disdainful	pitiful	irritated	inaccessible	fed up
abhorrent	dismissive	ashamed	appalled	curtly	deceived
condemnable					

## Compassionate / Empathic

COMPASSIONATE	UNDERSTANDING	LOVING	CARING
moved	listening	warmhearted	nurturing
understanding	tolerant	gracious	careful
considerate	forthcoming	tender	diligent
remorseful	respectful	kind	responsible

## Confused / Torn

INDECISIVE	AMBIVALENT	CONFUSING	LOST
conflicted	uncertain	tangled	groping
cautious	hesitant	disoriented	helpless
awkward	unclear	fragmented	lonely
		mistaken	thwarted

## Reflective / Meta-emotional

AWARE	SELF-COMPASSIONATE	RECONCILED	ANALYTICAL	EVALUATIVE
observant	forgiving	tolerant	thoughtful	disapproving
accepting	remorseful	accepting	conscious	approving
perceptive	gentle	balanced		critical
insightful	kind	surrendered		supportive

## Surprised / Caught off guard

ASTONISHED	FASCINATED	CONFUSED	AWKWARD	IN A TIGHT SPOT	ALARMED
dazzled	engrossed	uncertain	taken aback	distressed	frightened
moved	curious	muddled	hesitant	trapped	scared
amazed	inspired	disoriented	helpless	cornered	timid
dismayed	enchanted	chaotic	insecure	hopeless	skittish
frozen					

## Focused / Engaged

ATTENTIVE	THOUGHTFUL	DECISIVE	INVENTIVE	RESPONSIBLE	CURIOUS	AWARE
alert	deep-thinking	goal-directed	resourceful	systematic	inquisitive	grounded
having an aim	reflective	persistent	playful	structured	open	conscious
concentrated	introspective	uncompromising	experimental	conscientious	observant	present
watchful	analytical	assertive	in flow	thorough	exploratory	purposeful
perceptive						

## Empty / Numbed

APATHETIC	INDIFFERENT	NUMB	ALIENATED	OVERLOADED	DISENGAGED
drained	detached	frozen	dissociated	blocked	passive
extinguished	cold	empty	derealized	engulfed	slowed down
resigned	insensitive	lost	depersonalized	paralyzed	
uninvolved	blunted	languidly		exhausted	
lethargic					

## Guilty / Ashamed

GUILTY	REMORSEFUL	EMBARRASSED	HUMBLE	EXPOSED	INFERIOR
self-blaming	repentant	awkward	resigned	vulnerable	comparing oneself
regretful	chastened	ashamed	modest	insecure	invisible
sinful	self-critical	humiliated	submissive	laid bare	subordinate
humble		compromised	compliant	discovered	incapable
apologetic					

## Existential / Spiritual

MEANINGFUL	HUMBLE	SUBMISSIVELY	SPIRITUAL	TRANSCENDENT	KNOWLEDGABLY
grounded	reverent	reconciled	connected	supersensually	focused
fulfilled	grateful	devoted	balanced		conscious
connected	modest	resigned	in awe		trusting
purposeful	yielding	passive			
useful					

## Calm / At peace

BALANCED	ACCEPTED	SAFE	TRUSTING	CONTENT
stable	understood	protected	self-trusting	fulfilled
grounded	appreciated	secure	the process	grateful
harmonious	safe	certain	others	calm
composed	seen	successful		pleased
peaceful				

## Longing / Engrossed

MOTIVATED	CURIOUS	ENGROSSED	ADMIRING	ASPIRING
determined	inquisitive	immersed	enchanted	creative
bold	nosy	focused	appreciative	visionary
eager	probing	contemplative	respectful	ambitious
impassioned	exploratory	fascinated	captivated	striving
encouraged				

## Dissociative / Detached

DISCONNECTED FROM THE BODY	DEPERSONALIZED	DEREALIZED	FROZEN	FOGGY	ON AUTOPILOT	FRAGMENTED
slowed down	alien	distant	breathless	in a haze	mechanically	chaotically
vague	observing oneself from outside	unreal	stuck	drowsy	routinely	patchily
passive			rigid	muted	unconsciously	confused
detached			immobilized	numb	disconnected	
unfamiliar						

## Stressed / Overloaded

TENSED	OVERWHELMED	RUSHED	IRRITATED	EXHAUSTED
tight	scattered	overburdened	explosive	drained
restless	overstimulated	falling behind	oversensitive	depleted
on edge		under pressure	on edge	overextended
nervous		strained	snappish	broken down
overstrained				