

# LIST OF EMOTIONS

## ~ WELLBEING WARRIORS ~



OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
understanding	considerate	blissful	fascinated	playful	eager	calm	reliable	glowing
confident	affectionate	joyous	intrigued	courageous	keen	good	sure	radiant
easy	sensitive	delighted	absorbed	energetic	earnest	at ease	unique	beaming
connected	tender	overjoyed	inquisitive	liberated	inspired	comfortable	dynamic	reflective
free	devoted	gleeful	engrossed	optimistic	enthusiastic	pleased	tenacious	smiling
sympathetic	attracted	thankful	curious	frisky	bold	encouraged	hardy	grounded
interested	passionate	festive	amazed	animated	brave	surprised	secure	unhurried
satisfied	admiring	ecstatic	involved	spirited	daring	content	stable	open-minded
receptive	warm	satisfied	attentive	thrilled	hopeful	quiet	honest	efficient
accepting	touched	glad	observant	wonderful	upbeat	certain	composed	non-controlling
kind	close	cheerful	amused	funny	beautiful	relaxed	self-affirming	unassuming
harmonious	loved	sunny	thoughtful	great	creative	serene	truthful	trusting
empathetic	sweet	elated	courteous	giving	constructive	bright	supportive	supported
tolerant	gentle	jubilant	intent	sharing	helpful	blessed	excellent	fluid
friendly	compassionate	jovial	focused	intelligent	resourceful	assured	perseverant	light
approachable	caring	fun-loving		exhilarated	motivated	clear	responsible	spontaneous
outgoing	allowing	lighthearted		equal	cooperative	balanced	energized	aware
flowing	nonjudgmental	easygoing		excited	productive	fine	sane	healthy
flexible	appreciative	mellow		enjoying	exuberant	okay	complete	meditative
present	respectful	happy-go-lucky		communicative	in the zone	grateful	mature	still
listening	humble	glorious		active	responsive	carefree	solid	rested
welcoming	gracious	innocent		spunky	conscientious	adequate		waiting
embracing	patient	child-like		youthful	approving	fulfilled		laughing
	honoring	gratified		vigorous	honored	genuine		graceful
	expansive	euphoric		tickled	privileged	authentic		natural
	kindly	rapturous			adaptable	forgiving		steady
	grateful	in good humor				sincere		centered
		in heaven				uplifted		placid
		on top of the world				unburdened		
						confident		
						self-sufficient		

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ANGRY	DEPRESSED	CONFUSED	HELPLESS	INDIFFERENT	AFRAID	HURT	SAD	JUDGMENTAL
irritated	disappointed	doubtful	incapable	insensitive	fearful	crushed	tearful	stony
enraged	discouraged	uncertain	alone	dull	terrified	tormented	sorrowful	serious
hostile	ashamed	indecisive	paralyzed	reserved	suspicious	deprived	anguished	stern
insulting	powerless	perplexed	fatigued	weary	anxious	pained	desolate	frowning
annoyed	diminished	embarrassed	useless	bored	alarmed	tortured	unhappy	recoiling
upset	guilty	hesitant	inferior	preoccupied	panicked	rejected	lonely	glaring
hateful	dissatisfied	shy	vulnerable	cold	nervous	injured	grieved	disgusted
unpleasant	miserable	disillusioned	empty	lifeless	scared	offended	mournful	unfair
offensive	despicable	distrustful	distressed	uncaring	worried	afflicted	dismayed	attacked
aggressive	self-	misgiving	pathetic	uninterested	frightened	aching	downhearted	tactless
bitter	denigrating	lost	distraught	unresponsive	timid	victimized	oversensitive	hurtful
frustrated	self-hating	unsure	doomed	tired	shaky	heartbroken	dirty	bossy
controlling	sulky	uneasy	overwhelmed	robotic	restless	agonized	remorseful	stilted
resentful	low	tense	incompetent	slow	threatened	appalled	sullen	stiff
hotheaded	terrible	stressed	inept	sluggish	cowardly	wronged	sour	brutal
malicious	lousy	uncomfortable	incapacitated		insecure	humiliated	self-	combative
infuriated	desperate	comparing	shut down		wary	insulted	castigating	pushy
critical	alienated	dishonest	cut off		menaced	withdrawn	unworthy	neglectful
mean-	bad	superior	trapped		uptight	miffed	fragile	stonewalling
spirited	pessimistic	disdainful	weak		apprehensive	indignant	disconnected	rude
violent	dejected	manipulative	sick		attacking	suffering	devastated	ranting
vindictive	bummed out	judgmental	nauseated		defensive	distant	blindsided	scolding
sadistic	self-critical	argumentative	fidgety			invaded	discontented	shrill
mean	self-	authoritative	trembling			bulldozed	crying	hard
spiteful	deprecating	condescending	craving			bullied	groaning	fake
furious	gloomy	demanding	hungry			secretive	moaning	phony
agitated	glum	confounded	squirming			slighted		shallow
antagonistic	disheartened	distracted	jittery			smothered		taut
repulsed	down	disoriented	woozy			belittled		territorial
mad	despondent	off-kilter	twitching					complaining
cross	cheerless	frenzied	compulsive					obsessive
incensed	rotten	blushing						blunt
		awkward						