



EMOTIONS

Glad

Accepting	Confident	Enthusiastic	Humbled	Playful	Strong
Affirmed	Connected	Equanimeous	In synch	Pleased	Surprised
Agreeable	Content	Excited	Intrigued	Positive	Thrilled
Alive	Courageous	Exhilarated	Invigorated	Productive	Tender
Amazed	Curious	Exuberant	Joy/joyful	Proud	Thankful
Ambitious	Daring	Fascinated	Jubilant	Pumped	Tickled
Amused	Delighted	Flattered	Keen	Rapturous	Touched
Appreciative	Desire	Focused	Light	Receptive	Tranquil
At ease	Determined	Fortunate	Light-hearted	Rejuvenated	Trusting
At home	Eager	Fulfilled	Loving	Relieved	Validated
Awed/in awe	Ecstatic	Giddy	Lucky	Renewed	Vibrant
Bemused	Elated	Glad	Merry	Restored	Warm
Blissful	Enchanted	Grateful	Mischievous	Revived	Whimsical
Caring	Encouraged	Gratified	Moved	Safe	Wistful
Cheerful	Engaged	Grounded	Open	Satisfied	Wonder
Centered	Engrossed	Happy	Optimistic	Secure	
Comfortable	Enlivened	Honored	Passionate	Serene	
Compassionate	Enthralled	Hopeful	Peaceful	Solid	

Afraid

Aghast	Dread	Intimidated	Perplexed	Startled	Uneasy
Agitated	Edgy	Isolated	Petrified	Stunned	Unsafe
Agog	Fearful	Jittery	Pressured	Surprised	Unsure
Alarmed	Flooded	Jumpy	Rattled	Suspicious	Uptight
Ambivalent	Frazzled	Leery	Reluctant	Tentative	Vulnerable
Anxious	Freaked out	Mistrustful	Reserved	Tenuous	Wary
Apprehensive	Frightened	Nervous	Restless	Tense	Worried
Awkward	Frozen	On edge	Scared	Terrified	Wound up
Bashful	Guarded	Overwhelmed	Self-conscious	Timid	
Bewildered	Hesitant	Panic	Shaken	Torn	
Cautious	Horrificed	Paralyzed	Shocked	Triggered	
Concerned	Inhibited	Paranoid	Shy	Uncertain	
Confused	Insecure	Pensive	Spooked	Uncomfortable	

Sad

Aching	Alone	Bereaved	Bummed out	Dark	Demoralized
Adrift	Anguish	Blah	Burned out	Defeated	Depleted
Agony	Apathetic	Blue	Crummy	Deflated	Depressed
Alienated	Ashamed	Bummed	Crushed	Dejected	Desolate

Despair	Distressed	Guilty	Indifferent	Miserable	Troubled
Despondent	Dour	Heartbroken	Ineffective	Mournful	Unhappy
Detached	Down	Heavy	Inept	Needy	Unsatisfied
Devastated	Downcast	Heavy hearted	Inferior	Nostalgic	Upset
Disappointed	Drained	Helpless	Insignificant	Overwhelmed	Weak
Disbelief	Dreary	Hollow	Let down	Pained	Wistful
Discontented	Emotional	Hopeless	Lethargic	Pining	Withdrawn
Discouraged	Empty	Horrible	Lifeless	Regretful	Worn down
Disheartened	Foolish	Humbled	Listless	Resigned	Worn out
Dismal	Forlorn	Hurt	Lonely	Sentimental	Wounded
Dismayed	Fragile	Impotent	Longing	Small	Wretched
Dissatisfied	Gloomy	Inadequate	Lost	Somber	
Distant	Grief	Incompetent	Meh	Sorrowful	
Distraught	Grim	Inconsolable	Melancholy	Stunned	

Mad

Aggravated	Cranky	Embittered	Heated	Irritable	Ticked off
Angry	Cross	Enraged	Hot	Irritated	Upset
Animosity	Disappointed	Exasperated	Impatient	Livid	Vengeful
Annoyed	Disdainful	Fed up	Incensed	Offended	Vexed
Appalled	Disgruntled	Flummoxed	Indignant	Outraged	Wrathful
Apoplectic	Disgusted	Frustrated	Inflamed	Pissed	
Bitter	Dismayed	Furious	Infuriated	Rage	
Cantankerous	Displeased	Grumpy	Irate	Repulsed	
Contempt	Disturbed	Hateful	Irked	Resentful	

Other

Absorbed	Challenged	Doubtful	Interested	Perplexed	Stimulated
Adrift	Certain	Dubious	Intrigued	Pessimistic	Stuck
Aloof	Complacent	Dumbfounded	Jealous	Preoccupied	Surprised
Ambivalent	Confused	Embarrassed	Mixed up	Puzzled	Suspicious
Ashamed	Curious	Engaged	Mortified	Remorseful	Torn
Baffled	Dazed	Enthralled	Mystified	Sensitive	Uncertain
Bewildered	Disbelieving	Envious	Obsessed	Skeptical	Unsettled
Bored	Disinterested	Fascinated	Out of it	Spacey	Vulnerable
Captivated	Disoriented	Guilty	Out of synch	Spellbound	
Chagrin	Distracted	Humbled	Pensive	Startled	

Physical Symptoms

<u>Low</u>	Relaxed
Dry mouth	Loose
Gasp	Vigilant
Energized	Yawning
Reduced energy	Slow breathing
Irregular breath	Release of breath
Increased appetite	Restless
Stomach rumbling	

Tunnel vision
See red
Time slows down/‘slow motion’
Racing thoughts
Blank mind
Numb
Not feeling good

Medium

Tight chest
Flushed
Warm
Pressured
Butterflies
Light
Heavy
Tense
Lump in throat
Clenched teeth
Muscular tightness
Headache
Chills
Alert
Clenching muscles

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High

Heart racing
Tearfulness
Shallow breathing
Holding breath
Fingers tingling
Nausea
Sweaty palms
Loss of appetite
Stomach drop
Knots in stomach
Hot
Agitated