

FEELINGS, MOODS, AND EMOTIONS



POSITIVE EMOTIONS

Happy

Amazed

Proud

Silly

Peaceful

Hopeful

Inspired

Energetic

Surprised

Confident

Courageous

Calm

Loving

Respectful

Joyful

Trusting

Valued

Content

Grateful

Serene

Thrilled

Delighted

Thoughtful

Kind



NEGATIVE EMOTIONS

Frustrated

Annoyed

Ashamed

Bored

Confused

Jealous

Scared

Shocked

Worried

Lost

Hurt

Nervous

Irritated

Disgusted

Shy

Sad

Angry

Fearful

Ashamed

Furious

Envious

Doubtful

Annoyed

Impatient

