

# List of Commonly Felt Emotions

Adored	Disgusted	Horrified	Sad
Afraid	Disturbed	Hurt	Satisfied
Angry	Embarrassed	Hysterical	Scared
Annoyed	Empty	Indifferent	Scattered
Anxious	Energetic	Infatuated	Secure
Apologetic	Enlightened	Interested	Shy
Ashamed	Enlivened	Irritated	Smart
Blessed	Enraged	Jealous	Sorry
Blissful	Enthusiastic	Joyful	Strong
Bored	Envious	Lively	Surprised
Bothered	Excited	Lonely	Suspicious
Broken	Exhausted	Loved	Terrified
Bubbly	Flirtatious	Loving	Thrilled
Cautious	Foolish	Mad	Tired
Cheerful	Fragile	Nervous	Unsure
Confident	Frightened	Obsessed	Upset
Content	Frustrated	Pleased	Vivacious
Curious	Glad	Proud	Vulnerable
Delighted	Guilty	Regretful	Worried
Depressed	Happy	Relieved	Worthless
Determined	Hopeful	Respected	Worthy
Disappointed	Hopeless	Restless	

# Describe Your Emotion

Name the emotion: \_\_\_\_\_

Draw a picture of your emotion

Describe a related action: \_\_\_\_\_

\_\_\_\_\_

Describe a related sound: \_\_\_\_\_

\_\_\_\_\_

Describe the intensity of the emotion: \_\_\_\_\_

\_\_\_\_\_

Describe the quality of the emotion: \_\_\_\_\_

\_\_\_\_\_

Describe thoughts related to the emotion: \_\_\_\_\_

\_\_\_\_\_