

Emotion	Mental State	Life feels:
Peace	Bliss	Sublime
Joy	Serenity	Complete
Love	Appreciation	Abundant
Reason	Understanding	Meaningful
Acceptance	Forgiveness	Harmonious
Willingness	Optimism	Hopeful
Neutrality	Trust	Satisfactory
Courage	Affirmation	Manageable
Pride	Disdain	Demanding
Anger	Animosity	Antagonistic
Desire	Craving	Disappointing / Denying
Fear	Anxiety	Frightening
Grief	Regret	Tragic
Apathy	Despair	Hopeless
Guilt	Blame	Hostile
Shame	Humiliation	Miserable