

# Know Your Emotions: Know Yourself



## Happy

Excited  
Cheery  
Content  
Hopeful  
Optimistic  
Chill  
Contemplative  
Focused  
Giddy  
Wired



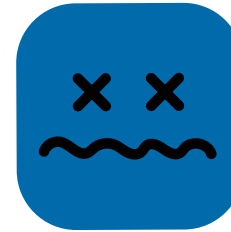
## Sad

Sad  
Miserable  
Listless  
Disappointed  
Distressed  
Hopeless  
Depressed  
Melancholic  
Pessimistic  
Cynical



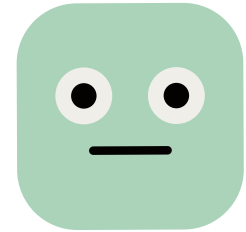
## Angry

Upset  
Grumpy  
Disturbed  
Scared  
Afraid  
Petrified  
Aggravated  
Cantankerous  
Cranky  
Curmudgeonly



## Confused

Addled  
Apathetic  
Scattered  
Baffled  
Muddled  
Perplexed  
Distracted  
Bewildered  
Disorganized  
Discombobulated



## Fear

Agitated  
Hesitant  
Jittery  
Panicky  
Skittish  
Timid  
Uneasy  
Suspicious  
Apprehensive  
Anxious