



Surprised

Bad

Fearful

Angry

Sad

Happy

- Helpless
- Frightened
- Overwhelmed
- Worried
- Inadequate
- Inferior
- Worthless
- Insignificant
- Excluded
- Persecuted
- Nervous
- Exposed
- Betrayed
- Resentful
- Disrespected
- Ridiculed
- Indignant
- Violated
- Furious
- Jealous
- Provoked
- Hostile
- Infuriated
- Annoyed
- Withdrawn
- Numb
- Sceptical
- Dismissive
- Judgmental
- Embarrassed
- Appalled
- Revolted
- Nauseated
- Horrible
- Detestable
- Hesitant
- Embarrassed
- Disappointed
- Inferior
- Empty
- Remorseful
- Ashamed
- Powerless
- Grief
- Fragile
- Victimised
- Abandoned
- Isolated
- Hopeful
- Intimate
- Sensitive
- Thankful
- Loving
- Creative
- Courageous
- Valued
- Respected
- Confident
- Successful
- Inquisitive
- Curious
- Joyful
- Free
- Cheeky
- Aroused
- Energetic
- Eager
- Awe
- Astonished
- Perplexed
- Disillusioned
- Shocked
- Unfocused
- Sleepy
- Out of control
- Overwhelmed
- Rushed
- Pressured
- Apathetic
- Indifferent
- Bored
- Scared
- Anxious
- Insecure
- Weak
- Rejected
- Threatened
- Let down
- Humiliated
- Bitter
- Mad
- Aggressive
- Frustrated
- Distant
- Critical
- Disapproving
- Disappointed
- Awful
- Repelled
- Hurt
- Depressed
- Guilty
- Lonely
- Vulnerable
- Despair
- Optimistic
- Trusting
- Peaceful
- Powerful
- Accepted
- Proud
- Interested
- Content
- Playful
- Excited
- Amazed
- Confused
- Startled
- Tired
- Stressed
- Busy