

# List of Emotions

## NEGATIVE EMOTIONS

### Surface

- Frustrated
- Annoyed
- Irritated
- Shut Down
- Resentful
- Frozen/Numb
- Upset
- Disturbed
- Tense
- Disappointed
- Betrayed
- Angry
- Confused
- Alone
- Exhausted

### Softer

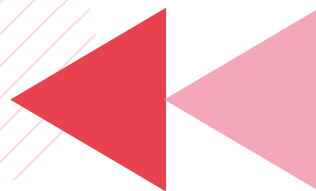
- Worried
- Shaky
- Isolated
- Unimportant
- Dismissed
- Let down
- Helpless
- Hopeless
- Hurt
- Panicked
- Intimidated
- Overwhelmed
- Inadequate
- Rejected
- Abandoned
- Failing
- Embarrassed
- Defeated
- Not Heard
- Not Valued
- Desperate

### Primary

- Fear
- Sad
- Shame
- Surprise

## POSITIVE EMOTIONS

- Happy
- Connected
- Safer/Secure
- Appreciated
- Important
- Valued
- Satisfied
- Relieved
- Confident
- Enthusiastic
- Free
- Stronger
- Hopeful
- Optimistic
- Motivated
- Not Alone
- Relaxed
- Refreshed
- Energized
- Grateful



## NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....