

# IDENTIFYING FEELINGS

Intensity of Feelings	HAPPY	SAD	ANGRY	CONFUSED
<b>High</b>	Elated Excited Overjoyed Thrilled Exuberant Fired-up Delighted	Depressed Disappointed Alone Hurt Left-out Hopeless Sorrowful Crushed	Furious Enraged Outraged Aggravated Irrate Seething	Bewildered Trapped Troubled Desperate Spaced-out Lost
<b>Medium</b>	Cheerful Up Good Relieved Satisfied Contented	Heart-broken Down Upset Distressed Regret	Upset Mad Annoyed Frustrated Agitated Disgusted	Disorganized Foggy Misplaced Disoriented Mixed-up
<b>Low</b>	Glad Satisfied Pleasant Fine Mellow Pleased	Unhappy Moody Blue Sorry Lost Bad Dissatisfied	Perturbed Uptight Dismayed Put out Irritated Touchy	Unsure Puzzled Bothered Uncomfortable Undecided Baffled Perplexed
Intensity of Feelings	AFRAID	WEAK	STRONG	GUILTY
<b>High</b>	Terrified Horrorified Petrified Fearful Panicky	Helpless Hopeless Beat Overwhelmed Impotent Exhausted Drained	Powerful Aggressive Potent Super Forceful Proud Determined	Sorrowful Remorseful Ashamed Unworthy Worthless
<b>Medium</b>	Scared Frightened	Dependent Incapable	Energetic Capable	Sorry Lowdown

	Threatened Insecure Uneasy Spooked	Lifeless Tired Rundown Lazy Insecure Shy	Confident Persuasive Sure	Sneaky
<b>Low</b>	Apprehensive Nervous Worried Timid Unsure	Unsatisfied Under-par Shaky Unsure Soft Lethargic Inadequate	Secure Durable Adequate Able Capable	Embarrassed