

# EMOTIONS

## Disconnected

indifferent  
withdrawn  
apathetic  
bored  
distant  
numb  
shut down

## Sad

wistful  
disappointed  
grieved  
discouraged  
crushed  
despairing  
dejected

## Inadequate

vulnerable  
helpless  
confused  
worn out  
powerless  
failure  
giving up

## Unloved

left out  
ugly  
rejected  
hated  
worthless  
lonely  
unknown/unheard

## Wrong

chagrined  
ashamed  
embarrassed  
remorseful  
dirty  
guilty  
broken

## Hurt

fragile  
offended  
wronged  
sorrow  
heart-broken  
victimized  
devastated

## Afraid

wary  
stressed  
dread  
threatened  
paralyzed  
terrified  
anxious

## Angry

resentful  
frustrated  
disgusted  
hostile  
enraged  
fed up  
annoyed

## Excited

curious  
fascinated  
passionate  
exhilarated  
thrilled  
inspired  
alert

## Joyful

pleased  
happy  
festive  
jubilant  
satisfied  
grateful  
lucky

## Powerful

adventurous  
certain  
confident  
free  
courageous  
decisive  
capable

## Loved

affection  
empathy  
tenderness  
cherished  
embraced  
pursued  
connected

## Approved

good  
proud  
accepted  
justified  
valuable  
important  
respected

## Safe

comforted  
protected  
secure  
intimate  
trusting  
relief

## Hopeful

patient  
optimistic  
anticipating  
eager  
believing  
wonder  
encouraged

## Peaceful

comfortable  
relaxed  
calm  
serene  
fulfilled  
content  
at rest