



CONNECTED / JOY																	
Playful	Happy	Interested	Proud	Accepted	Powerful	Peaceful	Trusting	Optimistic									
<i>Aroused</i>	<i>Cheeky</i>	<i>Free</i>	<i>Energized</i>	<i>Curious</i>	<i>Inquisitive</i>	<i>Successful</i>	<i>Confident</i>	<i>Respected</i>	<i>Valued</i>	<i>Courageous</i>	<i>Creative</i>	<i>Loving</i>	<i>Thankful</i>	<i>Sensitive</i>	<i>Intimate</i>	<i>Hopeful</i>	<i>Inspired</i>
SAD																	
	Lonely	Vulnerable	Despair	Guilty	Depressed	Hurt											
	<i>Isolated</i>	<i>Abandoned</i>	<i>Victimised</i>	<i>Fragile</i>	<i>Grief</i>	<i>Powerless</i>	<i>Ashamed</i>	<i>Remorseful</i>	<i>Empty</i>	<i>Inferior</i>	<i>Disappointed</i>	<i>Embarrassed</i>					
RELUCTANT																	
	Concerned	Disapproving	Disappointed	Awful	Repelled	Suspicious											
	<i>Skeptical</i>	<i>Questioning</i>	<i>Judgmental</i>	<i>Embarrassed</i>	<i>Appalled</i>	<i>Revolted</i>	<i>Nauseated</i>	<i>Detestable</i>	<i>Horried</i>	<i>Hesitant</i>	<i>Worried</i>	<i>Unsure</i>					
ANGRY / ANNOYED																	
	Let down	Humiliated	Bitter	Mad	Aggressive	Frustrated	Distant	Critical									
	<i>Betrayed</i>	<i>Resentful</i>	<i>Disrespected</i>	<i>Ridiculed</i>	<i>Indignant</i>	<i>Violated</i>	<i>Furious</i>	<i>Jealous</i>	<i>Provoked</i>	<i>Hostile</i>	<i>Infuriated</i>	<i>Annoyed</i>	<i>Withdrawn</i>	<i>Numb</i>	<i>Sceptical</i>	<i>Dismissive</i>	
FEARFUL																	
	Scared	Anxious	Insecure	Weak	Rejected	Threatened											
	<i>Helpless</i>	<i>Frightened</i>	<i>Overwhelmed</i>	<i>Worried</i>	<i>Inadequate</i>	<i>Inferior</i>	<i>Worthless</i>	<i>Insignificant</i>	<i>Excluded</i>	<i>Persecuted</i>	<i>Nervous</i>	<i>Exposed</i>					
DISCONNECTED / UNCOMFORTABLE																	
	Lethargic	Bored	Busy	Stressed	Tired	Aloof											
	<i>Withdrawn</i>	<i>Resistant</i>	<i>Indifferent</i>	<i>Apathetic</i>	<i>Pressured</i>	<i>Rushed</i>	<i>Overwhelmed</i>	<i>Out of control</i>	<i>Sleepy</i>	<i>Unfocussed</i>	<i>Distant</i>	<i>Empty</i>					
SURPRISE																	
	Thrilled	Startled	Confused	Amazed	Excited	Fascinated											
	<i>Renewed</i>	<i>Eager</i>	<i>Shocked</i>	<i>Dismayed</i>	<i>Disillusioned</i>	<i>Perplexed</i>	<i>Astonished</i>	<i>Awe</i>	<i>Eager</i>	<i>Energetic</i>	<i>Engaged</i>	<i>Intrigued</i>					