

## Emotion Examples

<p><b>Sad:</b> miserable, burdened, gloomy, moody, pained, dejected, let down,</p> <p>depressed, low, troubled, disappointed, discouraged, hopeless, unhappy, weary, troubled, low</p>	<p><b>Hurt:</b> upset, oppressed, slighted, trapped, cheated, scorned, isolated, rejected, terrible, snubbed, ignored, deserted, abandoned, abused, rejected, pain, grief</p>	<p><b>Happy:</b> excited, content, blissful, joyous, delighted, thrilled, glad, jubilant, elated, gratified, pleased, ecstatic, exhilarated, amused, glad, pleased, calm, centered</p>
<p><b>Fearful:</b> frightened, scared, threatened, alarmed, shaken, nervous, troubled, uneasy, worried, panicked, wary, anxious,</p>	<p><b>Powerless:</b> helpless, belittled, incapable, unfit, defeated, intimidated, inadequate, inept, unworthy, useless, incompetent, unfit</p>	<p><b>Energetic:</b> determined, eager, inspired, lively, strong, confident, brave, positive, excited, enthusiastic, passionate, strong, confident, alert, enlivened, refreshed</p>
<p><b>Disgust:</b> repulsed, sickened, nauseated, obnoxious, jealous, yearning, appalled</p>	<p><b>Lonely:</b> excluded, alone, ignored, slighted, isolated, deserted, rejected, lost, abandoned, anguished, alienated, bored, alienated</p>	<p><b>Compassionate:</b> affectionate, empathetic, concerned, gracious, loving, friendly, open-hearted, warm</p>
<p><b>Angry:</b> displeased, frustrated, irked, aggravated, furious, irritated, agitated, incensed, resentful, annoyed, exasperated, livid, outraged, dismayed, bitter, resentful, enraged, hostile,</p>	<p><b>Grateful:</b> appreciative, thankful, touched, open-hearted, moved, hopeful, expectant, optimistic, curious, engaged, amazed, awed</p>	<p><b>Surprised:</b> shocked, perplexed, astonished, mystified, startled, bewildered, jarred, puzzled, flustered, baffled, rattled, stunned, confused, puzzled</p>
<p><b>Engaged:</b> Interested, curious, interested, absorbed, open</p>	<p><b>Optimistic:</b> hopeful, encouraged, peaceful, expectant</p>	<p><b>Energetic:</b> enthusiastic, passionate, vibrant</p>

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Enhance awareness of your emotions and moods and be observant of others, offering empathy.