

# How are you feeling?

|             |              |              |              |           |           |            |              |             |           |
|-------------|--------------|--------------|--------------|-----------|-----------|------------|--------------|-------------|-----------|
| Enraged     | Panicked     | Stressed     | Jittery      | Shocked   | Surprised | Upbeat     | Festive      | Exhilarated | Ecstatic  |
| Livid       | Furious      | Frustrated   | Tense        | Stunned   | Hyper     | Cheerful   | Motivated    | Inspired    | Elated    |
| Fuming      | Frightened   | Angry        | Nervous      | Restless  | Energized | Lively     | Enthusiastic | Optimistic  | Excited   |
| Anxious     | Apprehensive | Worried      | Irritated    | Annoyed   | Pleased   | Happy      | Focused      | Proud       | Thrilled  |
| Repulsed    | Troubled     | Concerned    | Uneasy       | Peeved    | Pleasant  | Joyful     | Hopeful      | Playful     | Blissful  |
| Disgusted   | Glum         | Disappointed | Down         | Apathetic | At Ease   | Easygoing  | Content      | Loving      | Fulfilled |
| Pessimistic | Morose       | Discouraged  | Sad          | Bored     | Calm      | Secure     | Satisfied    | Grateful    | Touched   |
| Alienated   | Miserable    | Lonely       | Disheartened | Tired     | Relaxed   | Chill      | Restful      | Blessed     | Balanced  |
| Despondent  | Depressed    | Sullen       | Exhausted    | Fatigued  | Mellow    | Thoughtful | Peaceful     | Comfy       | Carefree  |
| Despair     | Hopeless     | Desolate     | Spent        | Drained   | Sleepy    | Complacent | Tranquil     | Cozy        | Serene    |