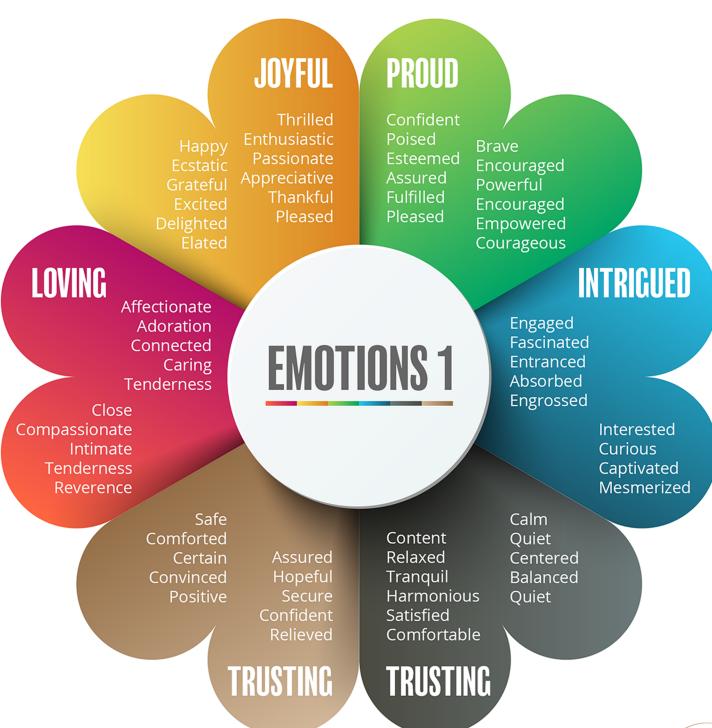
Emotions Cheat Sheet

When asked, "How do you feel?", people often respond by stating their thoughts. For some, they never had the safe space to explore and communicate their feelings. As a support, use this list of emotions below to help identify and label the emotions you are experiencing.



Emotions Cheat Sheet

SURPRISED

reoccupied Hesitant Stunned Confused Puzzled Astonished Distracted Startled Overwhelmed Shocked Amazed

SADNESS

Depressed Grief Pain Sorrow Hopeless Tired

Miserable Despair Heartbroken Devastated Discouraged Disappointed

DISGUSTED

Averse Repulsive Sickened Nauseous Scornful Hateful

EMOTIONS 2

ASHAMED

Awkward
Guilty
Embarrassed
Humiliated
Self-Conscious

Uncomfortable Regretful Flustered Mortified Horrified

Resentful Irritated Jealous Animosity Enraged Furious

Frustrated Annoyed Envious Mad Aggravated Upset

ANGRY

Insecure Anxious Vulnerable Scared Suspicious

AFRAID

Apprehensive Concerned Worried Frightened Terrified

