

<b>HAPPY</b>	<b>CARING</b>	<b>INADEQUATE</b>	<b>FEARFUL</b>	<b>HURT</b>	<b>ANGRY</b>	<b>LONELY</b>	<b>GUILTY</b>	<b>SAD</b>
Thrilled	Tenderness toward	worthless	terrified	crushed	rage	isolated	sick at heart	down
Ecstatic	affection for	good for nothing	frightened	destroyed	furious	abandoned	unforgivable	
Overjoyed	attached to	desolate	intimidated	ruined	seething	all alone	humiliated	depressed
Excited	romantic	confused	horrified	degraded	outraged	forsaken	disgraced	flat
Elated	devoted	dejected	desperate	pain(ed)	burned up	cut off	degraded	bored
Sensational	loving	hopeless	panicky	wounded	nauseated		horrible	no interest
Exhilarated	infatuated	powerless	terror stricken	devastated	violent	alienated	mortified	lost
Fantastic	enamored	helpless	dread	disgraced	hate	remote	exposed	bitter
Terrific	cherish	impotent	vulnerable	humiliated	indignant	alone	crummy	unloved
Turned on	idolize	crippled	paralyzed	anguished	bitter	estranged	remorseful	tearful
Euphoric	worshipful	inferior	self-conscious	at the mercy of	galled	aloof		morose
Enthusiastic	caring	useless	afraid	unappreciated	vengeful	apart from	to blame	blue
Delighted	fond of	finished	scared	tortured	hateful	others	lost face	down
Marvelous	regard	whipped	fearful	cast off	vicious	insulated	demeaned	crummy
Great	respectful	defeated	apprehensive	forsaken	resentful	from others	regretful	dysphoric
Cheerful	admiration	incompetent	jumpy	rejected	irritated	left out	wrong	dejected
Lighthearted	concerned	inept	shaky	discarded	hostile	excluded	embarrassed	
Happy	trust	overwhelmed	threatened	belittled	annoyed	distant	at fault	
Serene	close	ineffective	distrustful	overlooked	upset with	lonesome	in error	
Wonderful	warm	lacking	risky	abused	agitated		responsible for	
Up	friendly	deficient	alarmed	depreciated	mad		blew it	
Aglow	like	incapable	awkward	criticized	aggravated		goofed	
In high spirits	positive toward	small	defensive	defamed	offended			
Elevated	prized	insignificant	hesitant	discredited	antagonistic			
Neat	lust	unfit	discredited	disparaged	belligerent			
Glad	romantic	unimportant	shy	maligned	exasperated			
Good	delighted in	melancholy	worried	censured	mean			
Contented	attracted to	incomplete	uneasy	laughed at	vexed			
Satisfied	longing for	uncertain	bashful	mistreated	spiteful			
Gratified		weak	embarrassed	devalued	vindictive			
Pleasant		inefficient	ill at ease	ridiculed	uptight			
Pleased		blah	doubtful	used	bugged			
Fine		sad	jittery	exploited	disgusted			
Giddy			on edge	debased	turned off			
Silly			uncomfortable	slandered	put out			
				let down	grumpy			
				cheapened	critical			
				minimized	impatient			
				put down	miffed			
				neglected	irked			
					teed off			
					chagrined			
					cross			
					dismayed			
					impatient			
					critical			

Adapted from a Workshop presented by Claudia Black, PhD.