

List of Emotions

AFRAID

Afraid
Anxious/Worried
Cautious
Frightened
Terrified
Uncertain

ANGRY

Angry
Enraged
Exasperated
Frustrated
Irritated

CONFIDENT

Confident
Courageous
Optimistic
Smug

CONFUSED

Confused
Perplexed
Puzzled

CURIOUS

Curious
Fascinated
Interested

HAPPY

Amused
Blissful
Contented
Ecstatic
Enthusiastic
Excited
Happy
Proud
Relieved
Satisfied
Silly

MISCELLANEOUS EMOTIONS

Bashful
Bored
Disgusted/Grossed out
Embarrassed/Sheepish
Guilty
Hopeful
Indifferent
Innocent
Jealous/ Envious
Love struck
Pleading
Self-conscious
Shocked
Shy

MENTAL STATE OF BEING

Arrogant/Vain
Bored
Concentrating
Determined
Disapproving
Disbelieving
Mischievous
Stubborn
Thoughtful

PHYSICAL STATE OF BEING

Cold
Exhausted
Hot
Miserable
Nauseated/III
Relaxed
Sleepy

SAD

Depressed
Disappointed
Grieving
Hurt
Lonely
Sorry
Sad

Figure 2a. List of emotions for use with Program 2. Note that this is a fairly lengthy list. The student is not expected to learn or use every item on it. Rather, the list is intended to be used as a reference from which the student and/or teacher can choose a term that best fits a particular emotion.