

HAPPY

Optimistic Safe
Excited Cheerful
Pleased
Playful Proud
Loving Grateful
Content Inspired
Accepting

ANXIOUS

Dread Overwhelmed
Unsure Worried Apprehensive
Nervous
Uncomfortable Restless
Fear Insecure
Shy Hesitant

SAD

Grief Hurt
Shame Guilt
Embarrassed
Hopeless
Despondent Ignored Lonely
Rejected Unheard

ANGRY

Grumpy Furious
Frustrated Impatient
Offended Humiliated
Aggressive
Misunderstood Annoyed Jealous
Bitter Resentful