

## JOY



JOYFUL  
INTERESTED  
PLAYFUL  
CONFIDENT  
LOVING  
SENSITIVE  
COURAGEOUS  
HOPEFUL

## SADNESS



SAD  
BORED  
SLEEPY  
UNHAPPY  
IGNORED  
GUILTY  
LONELY  
ALONE

## SURPRISED



STARTLED  
CONFUSED  
AMAZED  
EXCITED  
SHOCKED  
ASTONISHED  
EAGER  
DISMAYED

MAD  
JEALOUS  
EMBARRASSED  
FURIOUS  
IRRITATED  
WITHDRAWN  
FRUSTRATED  
SKEPTICAL



## ANGER

## DISGUST



AWFUL  
DISAPPOINTED  
HESITANT  
REVOLTED  
LOATHING  
JUDGEMENTAL

## FEAR



HUMILIATED  
REJECTED  
WORTHLESS  
INSECURE  
ANXIOUS  
SCARED

HOW ARE YOU FEELING TODAY?