



Appendix B: Emotion Words List

Instructions: Complete the following statement using all of the emotion words below that you are feeling. *“Right now I feel . . .”*

Joyful	Tenderness	Helpless	Defeated	Rageful
Cheerful	Sympathy	Powerless	Bored	Outraged
Content	Adoration	Dreading	Rejected	Hostile
Proud	Fondness	Distrusting	Disillusioned	Bitter
Satisfied	Receptive	Suspicious	Inferior	Hateful
Excited	Interested	Cautious	Confused	Scornful
Amused	Delighted	Disturbed	Grief-stricken	Spiteful
Elated	Shocked	Overwhelmed	Helpless	Vengeful
Enthusiastic	Exhilarated	Uncomfortable	Isolated	Disliked
Optimistic	Dismayed	Guilty	Numb	Resentful
Elated	Amazed	Hurt	Regretful	Trusting
Delighted	Confused	Lonely	Ambivalent	Alienated
Calm	Stunned	Melancholy	Exhausted	Bitter
Relaxed	Interested	Depressed	Insecure	Insulted
Relieved	Intrigued	Hopeless	Disgusted	Indifferent
Hopeful	Absorbed	Sad	Pity	Trust
Pleased	Curious	Guilty	Revulsion	Afraid
Confident	Anticipating	Hurt	Contempt	Nervous
Brave	Eager	Lonely	Weary	Disinterested
Comfortable	Hesitant	Regretful	Bored	Disoriented
Safe	Fearful	Depressed	Preoccupied	Disgraced
Happy	Anxious	Hopeless	Angry	Uncomfortable
Love	Worried	Sorrow	Jealous	Neglected
Lust	Scared	Uncertain	Envious	Awkward
Aroused	Insecure	Anguished	Annoyed	Frustrated
Tender	Rejected	Disappointed	Humiliated	Exasperated
Compassionate	Horrificed	Self-conscious	Irritated	
Caring	Alarmed	Shamed	Aggravated	
Infatuated	Shocked	Embarrassed	Restless	
Concern	Panicked	Humiliated	Grumpy	