

SPECTRUM OF EMOTIONS

MAD	SAD	GLAD	AFRAID	CONFUSED	ASHAMED	LONELY
Bothered	Down	At ease	Uneasy	Curious	Uncomfortable	Out-of-place
Ruffled	Blue	Comfortable	Apprehensive	Uncertain	Awkward	Left out
Irritated	Somber	Relaxed	Careful	Ambivalent	Clumsy	Lonesome
Displeased	Low	Content	Cautious	Doubtful	Self-conscious	Disconnected
Annoyed	Hurt	Optimistic	Hesitant	Unsettled	Disconcerted	Insecure
Steamed	Disappointed	Satisfied	Tense	Tentative	Chagrined	Unappreciated
Irked	Worn out	Refreshed	Anxious	Perplexed	Abashed	Invisible
Perturbed	Melancholy	Grateful	Nervous	Puzzled	Embarrassed	Unwelcome
Frustrated	Downhearted	Pleased	Edgy	Muddled	Flustered	Discounted
Angry	Unhappy	Warm	Distressed	Distracted	Sorry	Misunderstood
Fed-up	Dissatisfied	Happy	Scared	Flustered	Apologetic	Excluded
Disgusted	Gloomy	Encouraged	Frightened	Jumbled	Guilty	Insignificant
Indignant	Mournful	Fulfilled	Vulnerable	Unfocused	Regretful	Ignored
Resentful	Grieved	Tickled	Repulsed	Fragmented	Remorseful	Neglected
Ticked off	Depressed	Proud	Agitated	Disheartened	Shamed	Removed
Jealous	Lousy	Hopeful	Shocked	Insecure	Disgusted	Disregarded
Fuming	Crushed	Cheerful	Alarmed	Dazed	Belittled	Isolated
Explosive	Miserable	Thrilled	Overwhelmed	Bewildered	Humiliated	Unwanted
Enraged	Defeated	Delighted	Frantic	Lost	Disregarded	Rejected
Irate	Dejected	Joyful	Panic-stricken	Stunned	Violated	Deserted
Incensed	Empty	Elated	Horrorified	Chaotic	Dirty	Outcast
Burned	Wretched	Exhilarated	Petrified	Torn	Mortified	Abandoned
Outraged	Despondent	Overjoyed	Terrified	Baffled	Defiled	Withdrawn
Furious	Devastated	Ecstatic	Numb	Dumbfounded	Devastated	Forsaken
Raging	Embittered	Euphoric	Dead Inside	Speechless	Degraded	Desolate