

EMOTION LIST



What are you feeling?

What is the message this emotion is trying to deliver?

What would you like to be feeling?

EQ EVOLUTION

guilty	angry	stressed	confused	humiliated
dissatisfied	irritated	tense	doubtful	wronged
miserable	hostile	superior	uncertain	bullied
bad	annoyed	disdainful	indecisive	secretive
low	upset	uncomfortable	perplexed	heartbroken
lousy	offensive	overwhelmed	dull	ashamed
desperate	bitter	awkward	hesitant	distant
gloomy	frustrated	helpless	shy	tormented
cheerless	controlling	indifferent	uneasy	sad
stuck	resentful	embarrassed	lost	sorrowful

alarmed	grieved	okay	tenacious	rested
panicked	lonely	carefree	honest	steady
afraid	anguished	sincere	composed	centered
worried	unhappy	forgiving	responsible	placid
timid	dismayed	unburdened	solid	natural
shaky	oversensitive	confident	mature	beaming
restless	disconnected	reliable	dynamic	healthy
threatened	sullen	strong	supportive	aware
insecure	remorseful	sure	strong	present
wary	unworthy	stable	radiant	creative

happy	open	brave	content	glowing
joyful	tolerant	daring	quiet	reflective
thankful	confident	hopeful	certain	grounded
festive	easy	upbeat	clear	open-
ecstatic	connected	constructive	assured	minded
satisfied	free	motivated	safe	unhurried
glad	interested	cooperative	blessed	efficient
cheerful	curious	productive	genuine	trusting
lighthearted	kind	in the zone	fulfilled	supported
fascinated	accepting	honoured	authentic	still