

Negative Emotions

HURT SAD DEPRESSED DISAPPOINTED DISCOURAGED DEFIANT
ANXIOUS REJECTED LONELY GRIEF/LOSS LONGING BITTER
BORED DISRESPECTED EMBARRASSED HUMILIATED GUILT
SHAME DISGUST CONFUSED ANGRY GRUMPY SHOCKED
UNSURE OFFENDED RESENTMENT
IRRITATED/ANNOYED/FRUSTRATED SUPERIOR INFERIOR DESPAIR
BORED DISCONNECTED