

## Labeling: What are you Feeling?

Feelings & Intensity	Happy	Sad	Angry	Afraid	Ashamed
<b>High</b>	Excited Elated Overjoyed Thrilled Exuberant Ecstatic Passionate	Hurt Hopeless Sorrowful Depressed Alone Unwanted Miserable	Outraged Furious Seething Enraged Irate Betrayed Jealous	Alarmed Panicky Suspicious Frantic Horrified Petrified Shocked	Remorseful Worthless Disgraced Powerless Inferior Mortified Helpless
<b>Medium</b>	Cheerful Thankful Good Hopeful Relieved	Heartbroken Somber Distressed Lost Melancholy	Upset Frustrated Agitated Disgusted Defensive	Insecure Uneasy Frightened Threatened Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed
<b>Low</b>	Glad Content Pleasant Mellow Pleased Relief	Unhappy Moody Blue Upset Disappointed Dissatisfied	Annoyed Uptight Resistant Touchy Irritated Tense	Cautious Nervous Worried Unsure Apprehensive Timid	Bashful Secretive Regretful Uncomfortable Pitied Silly