

Consider: Have you felt any of these things during the last 24 hours? (Circle all that apply)

AFFECTIONATE

- compassionate
- friendly
- loving
- open hearted
- sympathetic
- tender
- warm

ENGAGED

- absorbed
- alert
- curious
- engrossed
- enchanted
- entranced
- fascinated
- interested
- intrigued
- involved
- spellbound
- stimulated

HOPEFUL

- expectant
- encouraged
- optimistic
- relieved
- satisfied
- serene
- still
- tranquil

CONFIDENT

- empowered
- open
- proud
- safe
- secure

EXCITED

- amazed
- animated
- ardent
- aroused
- astonished
- dazzled
- eager
- energetic
- enthusiastic
- giddy
- invigorated
- lively
- passionate
- surprised
- vibrant

GRATEFUL

- appreciative
- moved
- thankful
- touched

INSPIRED

- amazed
- awed
- wonder

JOYFUL

- amused
- delighted
- glad
- happy
- jubilant
- pleased
- tickled

EXHILARATED

- blissful
- ecstatic
- elated
- enthralled
- exuberant
- radiant
- rapturous
- thrilled

PEACEFUL

- calm
- clear headed
- comfortable
- centered
- content
- fulfilled
- mellow
- quiet
- relaxed

REFRESHED

- enlivened
- rejuvenated
- renewed
- rested
- restored
- revived

AFRAID

- apprehensive
- dread
- foreboding
- frightened
- mistrustful
- panicked
- petrified
- scared
- suspicious
- terrified
- wary
- worried

ANNOYED

- aggravated
- dismayed
- disgruntled
- displeased
- exasperated
- frustrated
- impatient
- irritated
- irked

ANGRY

- enraged
- furious
- incensed
- indignant
- irate
- livid
- outraged
- resentful

AVERSION

- animosity
- appalled
- contempt
- disgusted
- dislike
- hate
- horrified
- hostile
- repulsed

CONFUSED

- ambivalent
- baffled
- bewildered
- dazed
- hesitant
- lost
- mystified
- perplexed
- puzzled
- torn

DISCONNECTED

- alienated
- aloof
- apathetic
- bored
- cold
- detached
- distant
- indifferent
- numb
- removed
- uninterested
- withdrawn

DISQUIET

- agitated
- alarmed
- discombobulated
- disconcerted
- disturbed
- perturbed
- rattled
- restless
- shocked
- startled
- surprised
- troubled
- turbulent
- uncomfortable
- uneasy
- unnerved
- unsettled
- upset

EMBARRASSED

- ashamed
- chagrined
- flustered
- guilty
- mortified
- self-conscious

FATIGUE

- beat
- burnt out
- depleted
- exhausted
- lethargic
- listless
- sleepy
- tired
- weary
- worn out

PAIN

- agony
- anguished
- bereaved
- devastated
- grief
- heartbroken
- hurt
- lonely
- miserable
- regretful
- remorseful

SAD

- depressed
- dejected
- despair
- despondent
- disappointed
- discouraged
- disheartened
- forlorn
- gloomy
- heavy hearted
- hopeless
- melancholy
- unhappy
- wretched

SCATTERED

- impulsive
- rigid
- inflexible
- unmotivated
- disorganized
- stuck
- stressed out
- emotional
- distracted
- inadequate
- unable to follow through

TENSE

- anxious
- cranky
- distressed
- distraught
- edgy
- fidgety
- frazzled
- irritable
- jittery
- nervous
- overwhelmed
- restless

VULNERABLE

- fragile
- guarded
- helpless
- insecure
- leery
- reserved
- sensitive
- shaky

YEARNING

- envious
- jealous
- longing
- nostalgic
- pining
- wistful