

Level of Intensity	Happy	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt/Shame
STRONG	thrilled on cloud nine	tenderness	desolate	worthless good for nothing	terrified	puzzled	crushed	furious	isolated	degraded
		toward affection for	dejected	hopeless	frightened	bewildered	destroyed	enraged	abandoned	mortified
	ecstatic	captivated by	alienated	powerless	intimidated	baffled	ruined	seething	all alone	exposed
	overjoyed	attached to devoted to	depressed gloomy	impotent crippled	desperate panicky terror stricken	perplexed	degraded	outraged burned up	forsaken	sick at heart
	excited elated					trapped confounded	pained wounded	cut off		horrible
	sensational	adoration	dismal	inferior		confused	devastated	violent		
	exhilarated fantastic terrific	loving infatuated enamored	bleak in despair empty	emasculated useless finished	stage fright dread vulnerable	full of questions in a quandary befuddled	tortured disgraced humiliated	hatred bitter galled		
	on top of the world turned on euphoric enthusiastic delighted marvelous great	cherish idolize worship	barren grieved despair grim	like a failure	paralyzed	in a dilemma	anguished cast off forsaken rejected discarded	vengeful hateful vicious		
MODERATE	cheerful	caring	distressed	inadequate	afraid	mixed up	hurt	resentful	lonely	ashamed
	light- hearted	fond of	upset	whipped	scared	disorganized	belittled	irritated	alienated	lost face
	happy	regard	downcast	defeated	fearful	foggy	shot down	hostile	estranged	demeaned
	serene	respectful	sorrowful	incompetent	apprehensive	troubled	overlooked	annoyed	remote	wrong
	wonderful	admiration	demoralized	inept	jumpy	adrift	abused	upset	alone	
	up	for	discouraged	overwhelmed	shaky	lost	depreciated	agitated	apart	
	aglow	hold dear	miserable	ineffective	threatened	at loose ends	criticized	mad	insulated	
	in high spirits	prize	pessimistic	lacking	distrustful	disconcerted	defamed	offended		
	jovial	taken with	tearful	deficient	risky	frustrated	censured	mean		
	riding high	turned on	weepy	unable	alarmed	in a bind	discredited	upset		
elevated	trust	rotten	incapable	butterflies	ambivalent	disparaged	vindictive			
neat	close	awful	small	awkward	disturbed	laughed at				
		horrible	insignificant	defensive		maligned				
		terrible	unfit			mocked				
		blue	unimportant			used				
		lost	incomplete			shamed				
MILD	glad	warm	unhappy	lacking	nervous	uncertain	put down	uptight	let out	regretful
	good	toward	down	confidence	anxious	unsure	neglected	disgusted	excluded	embarrassed
	connected	friendly like	low	unsure of uncertain	unsure	bothered	overlooked	bugged turned off	lonesome	at fault
	satisfied	positive	bad		hesitant	uncomfortable	minimized		distant	
	gratified	toward	blah		timid	undecided	let down	put off	aloof	
	pleasant									