

## Emotional Vocabulary Builder

| <b>Peaceful</b> | <b>Loving</b> | <b>Happy</b> | <b>Playful</b> | <b>Interested</b> |
|-----------------|---------------|--------------|----------------|-------------------|
| Calm            | Warm          | Glad         | Energetic      | Fascinated        |
| Content         | Affectionate  | Joyful       | Goofy          | Intrigued         |
| Satisfied       | Open          | Cheerful     | Thrilled       | Curious           |
| Serene          | Friendly      | Encouraged   | Exuberant      | Engrossed         |
| Relaxed         | Compassionate | Delighted    | Alive          | Inquisitive       |
| Fulfilled       | Grateful      | Excited      | Giddy          | Enthusiastic      |
| Relieved        | Kind          | Elated       | Adventurous    | Eager             |
| Quiet           | Touched       | Proud        | Mischievous    | Astonished        |
| Carefree        | Passionate    | Hopeful      | Effervescent   | Intense           |
| Centered        | Infatuation   | Confident    | Jubilant       | Absorbed          |
| Refreshed       | Radiant       | Optimistic   | Invigorated    | Focused           |
| Free            | Moved         | Merry        | Amused         | Inspired          |
| Blissful        | Tender        | Glorious     | Impish         | Animated          |
| Expansive       | Sexy          | Ecstatic     | Silly          | Alert             |
| Mellow          | Thankful      | Exhilarated  | Electrified    | Stimulated        |
| Equanimous      | Appreciative  | Wonderful    | Lively         | Surprised         |

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Foundations for Peaceful, Powerful & Conscious Living

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| <b>Angry</b> | <b>Sad</b>    | <b>Fearful</b> | <b>Apathetic</b> | <b>Confused</b> |
|--------------|---------------|----------------|------------------|-----------------|
| Frustrated   | Lonely        | Afraid         | Fatigued         | Torn            |
| Aggravated   | Disappointed  | Nervous        | Indifferent      | Uncomfortable   |
| Disgusted    | Heavy         | Insecure       | Lethargic        | Hesitant        |
| Resentful    | Sorrowful     | Worried        | Hopeless         | Troubled        |
| Mad          | Unhappy       | Scared         | Exhausted        | Disturbed       |
| Grouchy      | Disheartened  | Vulnerable     | Tired            | Restless        |
| Irritable    | Despondent    | Helpless       | Withdrawn        | Suspicious      |
| Hostile      | Blue          | Concerned      | Disinterested    | Perplexed       |
| Enraged      | Miserable     | Anxious        | Sleepy           | Uneasy          |
| Furious      | Dejected      | Terrified      | Dull             | Puzzled         |
| Exasperated  | Grief         | Shocked        | Bored            | Embarrassed     |
| Indignant    | Distressed    | Horrorified    | Reluctant        | Unsteady        |
| Displeased   | Depressed     | Wary           | Distant          | Skeptical       |
| Mean         | Discouraged   | Frightened     | Detached         | Overwhelmed     |
| Bitter       | Melancholy    | Alarmed        | Weary            | Hurt            |
| Impatient    | Forlorn       | Dread          | Pessimistic      | Surprised       |
| Annoyed      | Brokenhearted | Powerless      | Fidgety          | Dismayed        |

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