

## 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Irritable	Despondent	Helpless	Withdrawn	Suspicious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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