



## List Of Emotions

### Positive Emotions

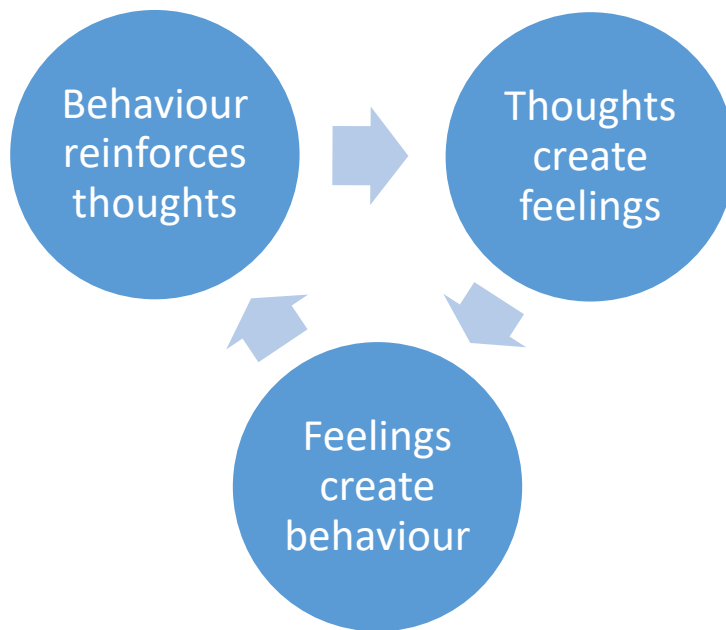
Excited  
Elated  
Euphoric  
Happy  
Peaceful  
Secure  
Encouraged  
Optimistic  
Helpful  
Hopeful  
Lovable  
Confident  
Joyful  
Motivated  
Silly  
Light-hearted  
Outgoing  
Easygoing  
Relieved  
Content  
Determined  
Satisfied  
Inspired  
Loving  
Amazed  
Dazzled  
Comfortable  
Energetic  
Proud  
Valued

### Anxious Emotions

Afraid  
Fearful  
Anxious  
Apprehensive  
Hesitant  
Resistant  
Concerned  
Worried  
Annoyed  
Surprised  
Insecure  
Overwhelmed  
Eager  
Uncomfortable  
Suspicious  
Tense  
Unsafe  
Bored  
Confused  
Inadequate  
Trapped  
Irritated  
Aggravated  
Lost  
Trapped  
Cornered  
Frustrated  
Nervous  
Self-conscious  
Shocked

### Negative Emotions

Angry  
Sad  
Depressed  
Disgusted  
Ashamed  
Discouraged  
Pessimistic  
Doubtful  
Hopeless  
Helpless  
Unlovable  
Envious  
Embarrassed  
Despondent  
Resentful  
Bitter  
Stupid  
Worthless  
Distain  
Disregarded  
Furious  
Foolish  
Grief  
Hurt  
Violated  
Miserable  
Lonely  
Disappointed  
Let down  
Forgotten





**Scenarios**

I finish my homework.	A teacher asks me to read in front of the class.
I feel like a teacher is picking on me.	I don't understand the work in the lesson.
I am late for school.	I argue with my friends.
I meet new people.	I tell someone how I feel.
I stand up for myself.	I enjoy my lunch.
A teacher tells me I have done well in a lesson.	I pass a test.
I didn't have time to do my homework.	I have forgotten something I need for school.
I am asked to work with someone I don't get on with.	Someone says something that upsets me.
I forgot my P.E. kit.	I get a good mark for my work.



L4 - Emotions and Virtues

