**Tool 6.3: Range of Emotions**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Happy** | **Sad** | **Angry** | **Confused** | **Hurt**  | **Scared**  | **Weak** | **Strong**  |
| **Strong**  | AmazedEcstaticElatedEnthusiasticExcitedExhilaratedInspired JubilantOverjoyedThrilledUplifted  | CrushedDefeatedDejectedDepressedDevastatedDismalEmptyGloomyHeartbrokenHopelessMiserable  | AppalledEnragedFumingFuriousHostile IncensedLividMadSeethingVengeful | BewilderedConfoundedDazedDesperateDisorientedLostMystifiedRattledTornTrapped | AnguishedCrushedDegradedDevastatedHeartbrokenHumiliatedMalignedPunishedRejectedRidiculedWounded   | AfraidAlarmedDistraughtFrightenedHorrifiedPanickedParalyzedShockedTerrifiedTormented | BeatenDrainedExhaustedHelplessHopelessImpotentIncapableInferiorOverwhelmedSmall Useless | Assertive CourageousDeterminedDriven DynamicEngagedForcefulPotentProudResoluteTenacious  |
| **Medium** | CheerfulContentDelighted FulfilledGladHopefulJovialWarm | DisappointedDiscouragedDisturbedDowncastDrainedFed upTearful | AggravatedAnnoyedFrustratedOffendedPeevedResentfulUnsettledUpset | AmbivalentDisconcertedDisturbedDubious HesitantMixed upTroubled Uncertain | BelittledCriticizedDevaluedDiscreditedDistressedMistreated Resentful | AnxiousGuardedInsecureSkittishStartledUnnervedWary | DefensiveInadequateInsecureLazyListlessRundownShaky | Capable ConfidentEnergeticPersuasive PositiveSafeSecure |
| **Mild**  | ComfortableFine PleasedRelaxed Satisfied | BlueGlumSomberSubduedUnhappy | DispleasedIrkedIrritated ResentfulUnsettled | Bothered PuzzledUncomfortableUndecidedUnsure | Let downMiffedNeglectedRueful Sensitive  | ApprehensiveCautiousUneasyWatchful Worried | LethargicShyTired UnsatisfiedUnsure | ReadySolid SteadySure |