**Tool 6.3: Range of Emotions**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Happy** | **Sad** | **Angry** | **Confused** | **Hurt** | **Scared** | **Weak** | **Strong** |
| **Strong** | Amazed  Ecstatic  Elated  Enthusiastic  Excited  Exhilarated  Inspired  Jubilant  Overjoyed  Thrilled  Uplifted | Crushed  Defeated  Dejected  Depressed  Devastated  Dismal  Empty  Gloomy  Heartbroken  Hopeless  Miserable | Appalled  Enraged  Fuming  Furious  Hostile  Incensed  Livid  Mad  Seething  Vengeful | Bewildered  Confounded  Dazed  Desperate  Disoriented  Lost  Mystified  Rattled  Torn  Trapped | Anguished  Crushed  Degraded  Devastated  Heartbroken  Humiliated  Maligned  Punished  Rejected  Ridiculed  Wounded | Afraid  Alarmed  Distraught  Frightened  Horrified  Panicked  Paralyzed  Shocked  Terrified  Tormented | Beaten  Drained  Exhausted  Helpless  Hopeless  Impotent  Incapable  Inferior  Overwhelmed  Small  Useless | Assertive  Courageous  Determined  Driven  Dynamic  Engaged  Forceful  Potent  Proud  Resolute  Tenacious |
| **Medium** | Cheerful  Content  Delighted  Fulfilled  Glad  Hopeful  Jovial  Warm | Disappointed  Discouraged  Disturbed  Downcast  Drained  Fed up  Tearful | Aggravated  Annoyed  Frustrated  Offended  Peeved  Resentful  Unsettled  Upset | Ambivalent  Disconcerted  Disturbed  Dubious  Hesitant  Mixed up  Troubled  Uncertain | Belittled  Criticized  Devalued  Discredited  Distressed  Mistreated  Resentful | Anxious  Guarded  Insecure  Skittish  Startled  Unnerved  Wary | Defensive  Inadequate  Insecure  Lazy  Listless  Rundown  Shaky | Capable  Confident  Energetic  Persuasive  Positive  Safe  Secure |
| **Mild** | Comfortable  Fine  Pleased  Relaxed  Satisfied | Blue  Glum  Somber  Subdued  Unhappy | Displeased  Irked  Irritated  Resentful  Unsettled | Bothered  Puzzled  Uncomfortable  Undecided  Unsure | Let down  Miffed  Neglected  Rueful  Sensitive | Apprehensive  Cautious  Uneasy  Watchful  Worried | Lethargic  Shy  Tired  Unsatisfied  Unsure | Ready  Solid  Steady  Sure |