

APPENDIX

List of Emotions

(Becker-Phelps 2014)

HAPPY

At ease	Relaxed	Glad	Humorous	Comfortable
Energetic	Wonderful	Blissful	Relieved	Playful
Optimistic	Pleased	Excited	Delighted	Calm
Ecstatic	Vital	Peaceful	Proud	Exhilarated
Inspired	Content	Elated	Well-Being	Spirited
Satisfied	Thankful	Lighthearted	Grateful	
Hopeful	Cheerful	Serene	Tranquil	

COMPETENT

Adept	Together	Inspired	Adequate	Worthy
Strong	Independent	Important	Thoughtful	Indestructible
Secure	Confident	Self-Reliant	Self-Assured	Courageous
Capable	Cocky	Savvy	Composed	Privileged
Arrogant	Powerful	Invulnerable	Brave	Invincible

VALUED

Accepted	Loved	Appreciated	Worshiped	Desirable
Cherished	Understood	Respected	Adored	Validated
Favored	Included	Wanted	Idolized	
Belonging	Revered	Desired	Admired	

LOVING

Affectionate	Attracted	Fond	Longing	Aroused
Adoring	Desirous	Horny	Lustful	
Enchanted	Infatuated	Passionate	Yearning	

CARING

Compassionate	Liking	Concerned	Forgiving	
Tender	Connected	Warm	Empathic	

INTERESTED

Absorbed	Fervent	Dedicated	Intrigued	Engrossed
Eager	Ardent	Fascinated	Curious	Committed
Resolute	Determined	Anticipating	Intent	Focused
Challenged	Motivated	Enthusiastic	Addicted	

VINDICATED

Absolved	Forgiven	Redeemed	Appeased	
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UNHAPPY

Agonized	Suspicious	Detached	Anguished	Withdrawn
Disillusioned	Grief-stricken	Inadequate	Envious	Startled
Melancholy	Stressed	Regretful	Disappointed	Sullen
Discontented	Crushed	Guilty	Disheartened	Depressed
Jealous	Miserable	Pained	Low	Blue
Sad	Alone	Tortured	Heartbroken	Gloomy
Hurt	Dissatisfied	Moody	Inferior	
Pessimistic	Shameful	Stubborn	Remorseful	
Despondent	Discouraged	Dark	Needy	
Negative	Lonely	Somber	Pathetic	

INSECURE

Awkward	Torn	Foolish	Uncomfortable	Puzzled
Lost	Common	Surprised	Embarrassed	Worthless
Unsure	Indecisive	Bewildered	Uneasy	Disoriented
Confused	Unfocused	Silly	Baffled	Uncertain

OVERWHELMED

Burdened	Useless	Disorganized	Compelled	Impotent
Thwarted	Hopeless	Helpless	Trapped	Exhausted
Obliterated	Confused	Worn down	Weak	
Despairing	Defeated	Obligated	Devastated	
Worn out	Pressured	Powerless	Consumed	

UNLOVED

Abandoned	Oppressed	Disparaged	Humiliated	Belittled
Deserted	Victimized	Aching	Overlooked	Left out
Judged	Lonely	Discarded	Chastised	Alienated
Criticized	Unsupported	Labeled	Misunderstood	Disgraced
Ignored	Betrayed	Cut off	Used	Shamed
Rejected	Singled out	Insignificant	Excluded	
Hated	Alone	Repulsive	Unlovable	

FEARFUL

Afraid	Frightened	Terrified	Defenseless	Petrified
Anxious	Horried	Vulnerable	Doubtful	Shaky
Cautious	Nervous	Concerned	Panicked	Timid
Cowardly	Paranoid	Alarmed	Hesitant	Worried
Distrustful	Scared	Apprehensive	Hysterical	
Dreading	Suspicious	Exposed	Tense	

ANGRY

Aggressive	Resentful	Hostile	Annoyed	Scornful
Outraged	Fuming	Frustrated	Repulsed	Furious
Livid	Disgusted	Offended	Mad	Enraged
Defiant	Contemptuous	Irritated	Disdainful	Irate
Appalled	Infuriated	Indignant	Bitter	Incensed

INDIFFERENT

Ambivalent	Complacent	Lazy	Passive
Apathetic	Flat	Lethargic	Unmotivated
Bored	Lackadaisical	Numb	

SURPRISED

Amazed	Astonished	Shocked
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