

Healing Starts with the Heart

LIST OF EMOTION

Abrupt	Blushing	Curious	Encouraged	Gratified
Absorbed	Brave	Cut off	Energetic	Great
Accepting	Bright	Daring	Energized	Grieved
Aching	Brutal	Defensive	Engrossed	Groaning
Achy	Bulldozed	Dejected	Enjoying	Grouchy
Active	Bullied	Demanding	Engaged	Grounded
Adaptable	Bummed Out	Deprived	Enthusiastic	Grumpy
Adequate	Burdened	Desolate	Envious	Guarded
Admiring	Calm	Despairing	Equal	Guilty
Affectionate	Carefree	Desperate	Euphoric	Haggard
Afflicted	Caring	Despicable	Exasperated	Happy go Lucky
Aggressive	Centered	Despondent	Excellent	Hard
Agitated	Certain	Devastated	Excited	Hardy
Agonized	Cheerful	Devoted	Exhilarated	Harmonious
Agoraphobic	Cheerless	Diminished	Expensive	Hateful
Alarmed	Childlike	Dirty	Exuberant	Healthy
Amused	Clear	Disappointed	Fake	Heartbroken
Anguish	Close	Disconnected	Fascinated	Helpful
Animated	Closed	Discouraged	Fatigue	Hesitant
Annoyed	Cold	Disdainful	Fearful	Hitting
Antagonistic	Combative	Disgusted	Festive	Honest
Anxious	Comfortable	Disheartened	Fidgety	Honored
Appalled	Communicative	Dishonest	Fine	Honoring
Appreciative	Comparing	Disillusioned	Flexible	Hopeful
Apprehensive	Compassionate	Dismayed	Flowing	Hopeless
Approachable	Complaining	Disoriented	Fluid	Hostile
Approving	Complete	Disrespectful	Focused	Hotheaded
Argumentative	Composed	Disrupted	Forgiving	Humble
Ashamed	Compulsive	Dissatisfied	Fragile	Humiliated
Assured	Condemning	Distant	Free	Humor
At ease	Condescending	Distracted	Frenzied	Hungry
Attached	Confident	Distraught	Friendly	Hurtful
Attacked	Confounded	Distressed	Frightened	Immobile
Attacking	Connected	Distrustful	Frisky	Impatient
Authentic	Conscientious	Disturbed	Frowning	In good
Authoritative	Considerate	Doomed	Frustrated	In Heaven
Avoiding	Constructive	Doubtful	Fulfilled	In Hell
Aware	Content	Down	Fun loving	In the Zone
Awkward	Contracted	Dull	Funny	Incapable
Bad	Contrary	Dynamic	Furious	Incensed
Balanced	Controlling	Eager	Gentle	Incompetent
Blaming	Cooperative	Earnest	Genuine	Indecisive
Beautiful	Courageous	Easy	Giving	Indignant
Belittled	Courteous	Easygoing	Glad	Inept
Bitter	Cowardly	Ecstatic	Glaring	Inferior
Blessed	Crabby	Efficient	Gleeful	Infuriated
Blindsided	Cranky	Elated	Gloomy	Inhibited
Blissful	Craving	Embarrassed	Glorious	Injured
Blocked	Creative	Embracing	Glowing	Innocent
Blunt	Critical	Empathetic	Graceful	Inquisitive
Bold	Cross	Empty	Gracious	Inspired
Bored	Crushed		Grateful	Insulted
Bossy	Crying			Insulting