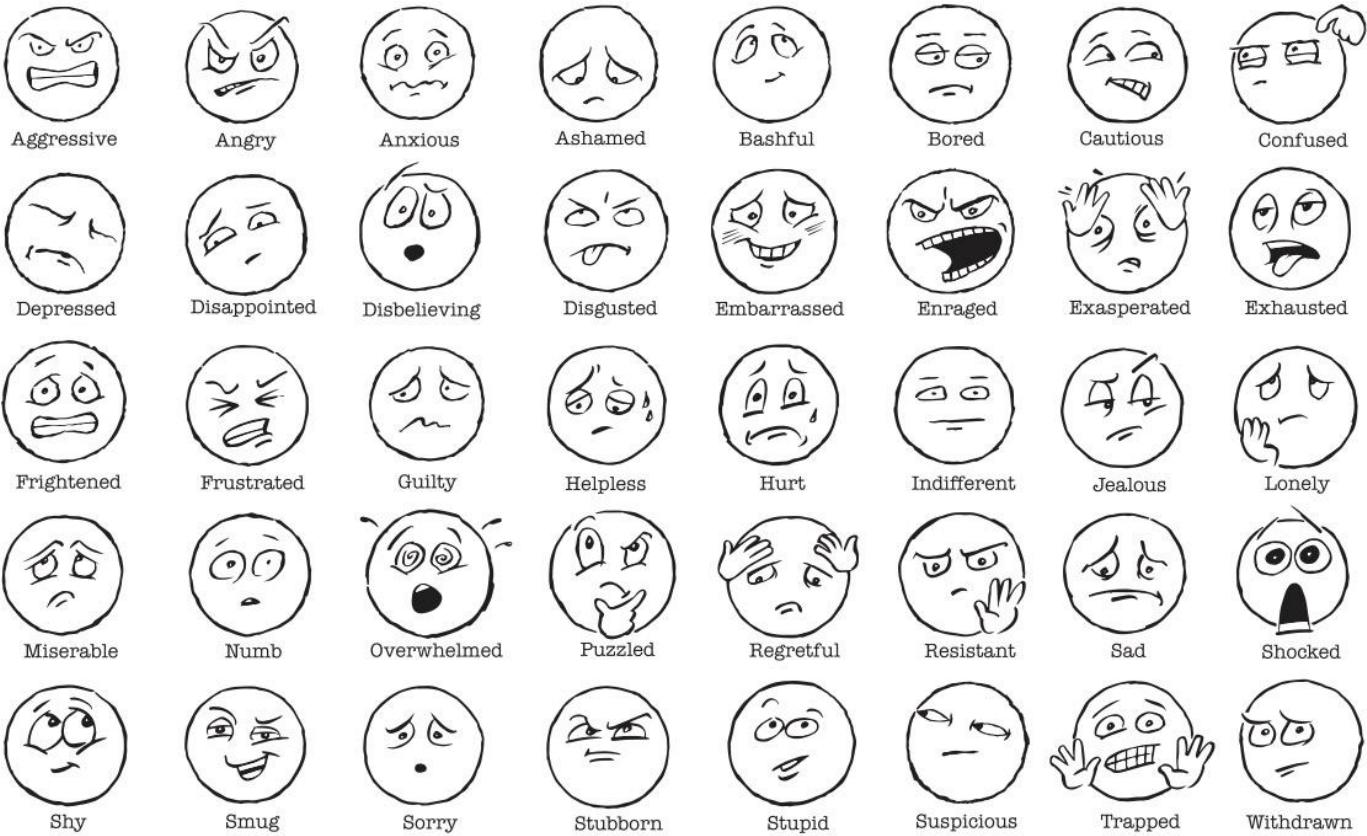
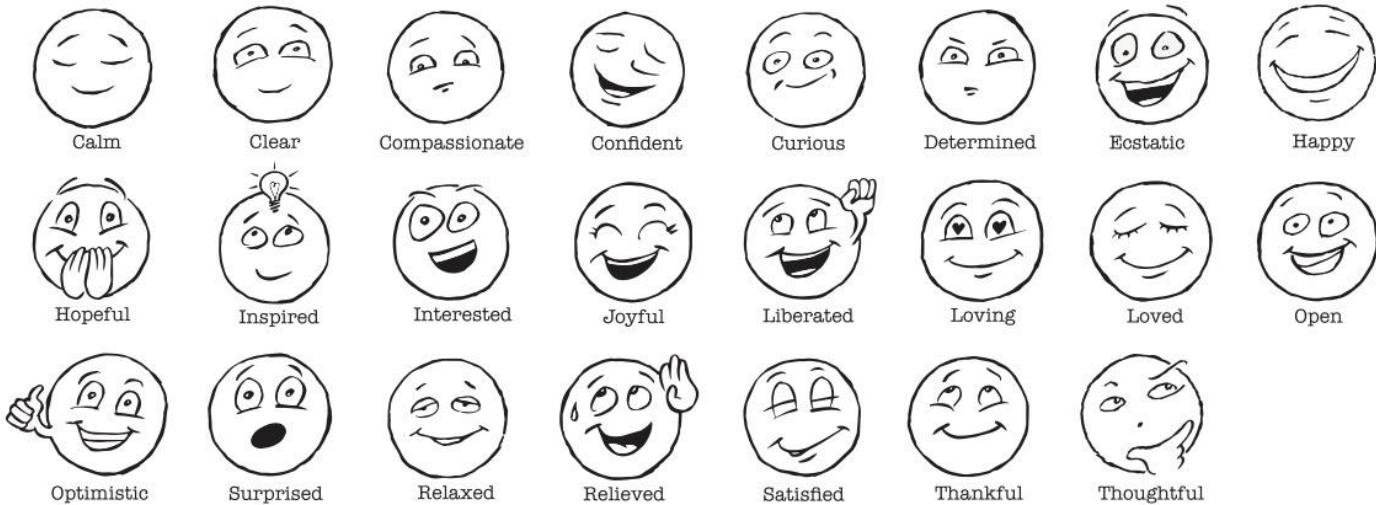


# How do you feel?

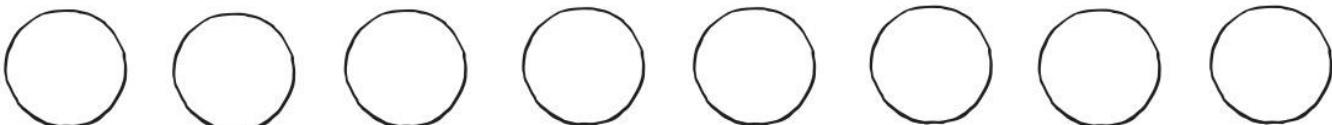
## Unpleasant emotions:



## Pleasant emotions:



## Draw your own:



Aggressive	Angry, and behaving in a threatening way; ready to attack; acting with force to succeed. <i>'What do you want?' he demanded <u>aggressively</u>.</i>
Angry	A strong feeling against someone, making you want to shout at them or hurt them; having strong feelings about something that you dislike very much or about an unfair situation. <i>I was so <u>angry</u> at the way I had been treated.</i>
Anxious	Feeling worried or nervous. <i>I felt very <u>anxious</u> and depressed about the future.</i>
Ashamed	Feeling sad or embarrassed about something you have done. <i>He was deeply <u>ashamed</u> of his behavior at the party.</i>
Bashful	Afraid to talk to people because of a lack of confidence; often feeling uncomfortable with other people and easily embarrassed. <i>She gave a <u>bashful</u> smile as he complimented her on her work.</i>
Bored	Feeling unhappy because something is not interesting or because you have nothing to do. <i>I was so <u>bored</u> that I slept through the second half of the film.</i>
Calm	Not angry, upset, or excited; peaceful, quiet, and without worry. <i>I was extremely angry but I'm feeling a little <u>calmer</u> now.</i>
Cautious	Very careful about what you do or say and unwilling to take risks because you want to avoid possible problems or danger. <i>The cat <u>cautiously</u> walked behind the barking dog and then ran away.</i>
Clear	Free from doubt or confusion, able to think well and in an accurate way without confusion. <i>He isn't at all <u>clear</u> about what he wants to do with his life.</i>
Compassionate	Feeling or showing concern for someone who is sick, hurt, poor, or suffering; feeling or showing empathy or sadness for the suffering or bad luck of others, and wanting to help them. <i>She's always been very <u>compassionate</u> -he loves to help people.</i>
Confident	Feeling sure about your own ability to do things and be successful. <i>I'm <u>confident</u> about my ability to do the job.</i>
Confused	Unable to think clearly or to understand something. <i>Grandpa gets pretty <u>confused</u> sometimes, and doesn't even know what day it is.</i>
Curious	Interested in learning about people or things around you. <i>They were very <u>curious</u> about the people who lived upstairs.</i>
Depressed	Very sad and without hope. <i>She was <u>depressed</u> over the recent death of her mother.</i>
Determined	Having made a definite decision to do something and not letting anyone prevent you. <i>I'm <u>determined</u> to succeed.</i>
Disappointed	Unhappy because someone or something was not as good as you hoped or expected, or because something did not happen. <i>He was <u>disappointed</u> to see she wasn't at the party.</i>
Disbelieving	To not accept something is true or real. <i>She shook her head in <u>disbelief</u> as she listened to the story.</i>
Disgusted	A strong feeling of dislike for somebody/something that you feel is unacceptable, or for something that looks, smells, etc. unpleasant. <i>The level of violence in the film really <u>disgusted</u> me.</i>
Ecstatic	Extremely happy or excited. <i>The puppy played with its new toy in sheer <u>ecstatic</u> joy.</i>
Embarrassed	To feel shy, uncomfortable or ashamed, especially in a social situation. <i>She felt <u>embarrassed</u> at being the center of attention.</i>
Enraged	A feeling of violent anger that is difficult to control. <i>She was <u>enraged</u> at his stupidity.</i>

Exasperated	Extremely annoyed, especially if you cannot do anything to improve the situation. <i>He was becoming <b>exasperated</b> with all the questions they were asking.</i>
Exhausted	Extremely tired. <i>I'd worked a twelve-hour day and was absolutely <b>exhausted</b>.</i>
Frightened	Feeling fear or worry. <i>I'm <b>frightened</b> of walking home alone in the dark.</i>
Frustrated	Feeling annoyed or less confident because you cannot achieve what you want; having no effect; not being satisfied. <i>They felt <b>frustrated</b> at the lack of progress.</i>
Guilty	Feeling ashamed because you have done something that you know is wrong or have not done something that you should have done. <i>I had a <b>guilty</b> conscience and could not sleep.</i>
Happy	Feeling or showing pleasure; pleased. <i>You look very <b>happy</b> today.</i>
Helpless	Unable to care for yourself or protect yourself against danger. <i>He lay <b>helpless</b> on the floor.</i>
Hopeful	Believing that something you want will happen. <i>His audition went well and he's <b>hopeful</b> about getting the part.</i>
Hurt	To feel pain, physically or emotionally. <i>She was deeply <b>hurt</b> that she had not been invited.</i>
Indifferent	Having or showing no interest in somebody/something. <i>Why don't you vote - how can you be so <b>indifferent</b> to what is going on?</i>
Inspired	Wanting to create something, especially in art, literature or music; feeling full of hope or encouraged. <i>She was <b>inspired</b> to write a story.</i>
Interested	Wanting to give your attention to something or someone and discover more about it/them. <i>I'm <b>interested</b> in learning more about your work.</i>
Jealous	Feeling angry or unhappy because you wish you had something that somebody else has. <i>Children often feel <b>jealous</b> when a new baby arrives.</i>
Joyful	Feeling, causing, or showing great happiness. <i>They all clapped <b>joyfully</b> to the beat of the music.</i>
Liberated	Freed from traditional attitudes, ways of behaving, or old ideas. <i>She felt <b>liberated</b> when she decided to do it her way.</i>
Lonely	Unhappy because you are not with others. <i>He lives alone and often feels <b>lonely</b>.</i>
Loving	Feeling or showing strong affection for someone or something. <i>He's a very <b>loving</b> child.</i>
Loved	Feeling strong or constant affection, interest or enthusiasm from someone, usually a friend or family member. <i>I felt <b>loved</b> when my grandmother hugged me.</i>
Miserable	Very unhappy; feeling sad. <i>They'd had an argument and he was <b>miserable</b> about it.</i>
Numb	Not able to feel any emotions or to think clearly, because you are so shocked or frightened; unable to feel, think or react in the normal way. <i>The shocking and tragic news left us feeling <b>numb</b>.</i>
Open	Willing to listen to and think about new ideas. <i>In arguments, he is <b>open</b> to hearing the other side.</i>
Optimistic	Hoping or believing that good things will happen in the future. <i>She is <b>optimistic</b> about her chances of winning the contest.</i>
Overwhelmed	Feeling that something or someone is too much to deal with; having too much to manage. <i>She was <b>overwhelmed</b> by feelings of sadness for what she had done.</i>
Puzzled	Feeling confused because you do not understand something. <i>You look <b>puzzled</b> - do you understand?</i>

Regretful	Showing that you feel sorry about something that has happened or been done, especially a loss or missed opportunity. <i>Not wanting to leave, he said a <b>regretful</b> goodbye</i>
Relaxed	Calm and free from stress, worry, or anxiety; feeling happy and comfortable because nothing is worrying you. <i>She seemed <b>relaxed</b> after her vacation.</i>
Relieved	Feeling relaxed and happy because something difficult or unpleasant has been stopped, ended, avoided, or made easier. <i>He was <b>relieved</b> to see Jeannie reach the other side of the river safely.</i>
Resistant	Opposed to something; wanting to prevent something from happening; not accepting something. <i>She felt <b>resistant</b> about doing her homework.</i>
Sad	Unhappy or showing unhappiness. <i>I was <b>sad</b> to see the series end.</i>
Satisfied	Pleased because you have achieved something or because something that you wanted to happen has happened. <i>He finished his project with a <b>satisfied</b> smile.</i>
Shocked	Surprised or upset because something unexpected and unpleasant has happened. <i>The boy was too <b>shocked</b> and frightened to speak.</i>
Shy	Feeling nervous and uncomfortable with meeting and talking to other people. <i>He was too <b>shy</b> to ask her to dance with him.</i>
Smug	Looking or feeling too pleased about something you have done or achieved. <i>She smiled, <b>smugly</b>, when she won the game.</i>
Sorry	Feeling sorrow or regret; feeling sadness, sympathy, or disappointment because something unpleasant has happened or been done. <i>I'm <b>sorry</b> that I ignored you.</i>
Stubborn	Refusing to change your ideas; determined to do what you want and refusing to do anything else. <i>They have huge arguments because they're both so <b>stubborn</b>.</i>
Stupid	Feeling unintelligent or unwise; feeling that you do not have good judgment or the ability to learn and understand things. <i>I felt <b>stupid</b> when I made another mistake.</i>
Surprised	A feeling caused by something happening suddenly or unexpectedly. <i>I'm <b>surprised</b> to see you awake - ten minutes ago you were sound asleep.</i>
Suspicious	Feeling doubt or no trust in someone or something; when you feel that something that is happening is wrong. <i>There was something sneaky about his behavior and I immediately felt <b>suspicious</b>.</i>
Thankful	Glad that something has happened or not happened, that something or someone exists, etc.; happy or grateful because of something. <i>I was <b>thankful</b> for his help.</i>
Thoughtful	Carefully considering things; kind and thinking about how you can help other people; considering the needs of others. <i>You're looking very <b>thoughtful</b> – what's on your mind?</i>
Trapped	Being in a dangerous or unpleasant situation from which it is difficult or impossible to escape. <i>She felt <b>trapped</b> into saying something she did not mean.</i>
Withdrawn	Preferring to be alone and taking little interest in other people, shy. <i>He was not the self-absorbed, <b>withdrawn</b> person he was sometimes portrayed as.</i>