



CRISIS ATHLETE™

DESCRIPTIVE EMOTIONS

Increasing your emotion vocabulary and learning to identify your emotions can help you regulate and manage them more effectively

feelings when needs are satisfied



CONTENT

GLAD, FULFILLED,
SATISFIED, SECURE



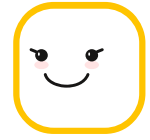
RELIEVED

COMPLACENT, COMPOSED,
COOL, TRUSTING, REASSURED,
COMFORTED, LIGHTENED



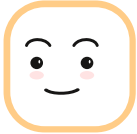
PEACEFUL

BLISSFUL, CALM, CENTERED,
CLEAR HEADED, MELLOW,
QUIET, SERENE, TRANQUIL



GRATEFUL

APPRECIATIVE, GRACIOUS,
HUMBLED, MOVED,
THANKFUL, TOUCHED



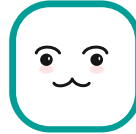
HOPEFUL

EXPECTANT,
ENCOURAGED,
OPTIMISTIC



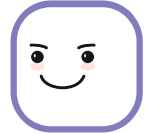
AFFECTIONATE

COMPASSIONATE, FRIENDLY,
LOVING, OPENHEARTED,
SYMPATHETIC, TENDER, WARM



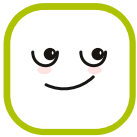
ENGAGED

ABSORBED, ALERT, EAGER,
ENGROSSED, ENCHANTED,
ENTRANCED, INVOLVED



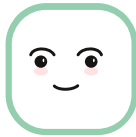
CONFIDENT

ACCEPTED, EMPOWERED,
IMPORTANT, PROUD, SAFE,
SECURE, SELF-ASSURED,
VALUABLE, WORTHWHILE



CURIOUS

ADVENTUROUS,
INTERESTED, INTRIGUED,
INQUISITIVE, FASCINATED,
SPELLBOUND, STIMULATED



REFRESHED

ENLIVENED, REJUVENATED,
RENEWED, RESTED,
RESTORED, REVIVED



RELAXED

AT EASE, CAREFREE,
COMFORTABLE, OPEN,
PLEASANT



JOYFUL

AMUSED, BUOYANT,
DELIGHTED, ELATED,
ECSTATIC, GLAD, GLEEFUL,
JUBILANT



INSPIRED

AMAZED, ASTONISHED,
AWED, DAZZLED,
RADIANT, SURPRISED,
THRILLED, UPLIFTED



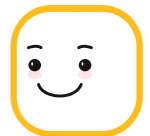
EXCITED

ALIVE, AMAZED, ANIMATED,
ENERGETIC, ENTHUSIASTIC,
EUPHORIC, INVIGORATED,
LIVELY, PASSIONATE



EXHILARATED

ECSTATIC, ELATED,
ENTHRALLED, EXUBERANT,
GIDDY, SILLY, VIVACIOUS



HAPPY

MERRY, OVERJOYED,
PLAYFUL, PLEASED,
RADIANT, TICKLED,
CHEERFUL





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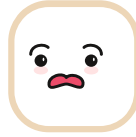
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feelings when needs are not satisfied



PAIN

AGONY, ANGUISHED, BEREAVED, DEVASTATED, DISTRAUGHT, HEARTBROKEN, HURT, MISERABLE, WRETCHED



SHOCKED

APPALLED, DISBELIEF, DISMAY, HORRIFIED, MYSTIFIED, STARTLED, SURPRISED



SAD

BLUE, DEPRESSED, DEJECTED, DESPONDENT, DISHEARTENED, DOWNHEARTED, GRIEF, MELANCHOLY, SORROW, UNHAPPY



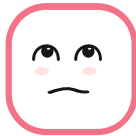
DISCONNECTED

ALOOF, APATHETIC, DETACHED, DISENGAGED, DISTANT, INDIFFERENT, NUMB, REMOVED, WITHDRAWN



TIRED

BEAT, DEPLETED, EXHAUSTED, FATIGUED, LETHARGIC, LISTLESS, SLEEPY, SLUGGISH, WORN OUT



LONGING

DESPERATE, EMPTY, ENVIOUS, JEALOUS, NOSTALGIC, PINING, WISTFUL, YEARNING, UNSATISFIED



EMBARRASSED

ASHAMED, BASHFUL, CHAGRINED, DEMORALIZED, DISGRACED, HUMILIATED, MORTIFIED



CONFUSED

BAFFLED, BEWILDERED, DAZED, DISCOMBOBULATED, FLUSTERED, HESITANT, LOST, PERPLEXED, PUZZLED, TORN



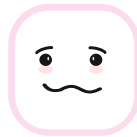
VULNERABLE

ALIENATED, FRAGILE, GUARDED, HELPLESS, INSECURE, LEERY, SENSITIVE



AFRAID

APPREHENSIVE, FEARFUL, FRIGHTENED, HESITANT, MISTRUSTFUL, PARANOID, PETRIFIED, SCARED, UNNERVED, UNSTEADY



ANXIOUS

ANTSY, EDGY, FRAZZLED, JITTERY, NERVOUS, RESTLESS, WORRIED



UNEASY

ALARMED, PERTURBED, RATTLED, RESTLESS, TROUBLED, TURMOIL, UNCOMFORTABLE, UNNERVED, UNSETTLED



ANGRY

ENRAGED, FURIOUS, INCENSED, INDIGNANT, IRATE, LIVID, MAD, OUTRAGED, TICKED OFF



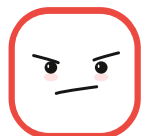
ANNOYED

AGGRAVATED, BOTHERED, CROSS, DISPLEASED, EXASPERATED, FRUSTRATED, IMPATIENT, IRKED, IRRITATED, PEEVED, AGITATED



HOSTILE

ANTAGONISTIC, CONTEMPT, DISGUSTED, DISDAIN, HATE, HORRIFIED, REPULSED, SCORN, SURLY, VENGEFUL



STRESSED

BURNED OUT, OVERWHELMED, PRESSURED, CONCERNED, TENSE

