

INTENSITY OF FEELINGS

HIGH

MEDIUM

LOW

HAPPY

Elated
Excited
Overjoyed
Thrilled
Exuberant
Ecstatic
Fired Up
Passionate

SAD

Depressed
Agonized
Alone
Hurt
Dejected
Hopeless
Sorrowful
Miserable

ANGRY

Furious
Enraged
Outraged
Boiling
Irate
Seething
Loathsome
Betrayed

AFRAID

Terrified
Horried
Scared Stiff
Petrified
Fearful
Panicky
Frantic
Shocked

ASHAMED

Sorrowful
Remorseful
Defamed
Worthless
Disgraced
Dishonored
Mortified
Admonished

Cheerful
Gratified
Good
Relieved
Satisfied
Glowing

Heartbroken
Somber
Lost
Distressed
Let Down
Melancholy

Upset
Mad
Defended
Frustrated
Agitated
Disgusted

Apprehensive
Frightened
Threatened
Insecure
Uneasy
Intimidated

Apologetic
Unworthy
Sneaky
Guilty
Embarrassed
Secretive

Glad
Contented
Pleasant
Tender
Pleased
Mellow

Unhappy
Moody
Blue
Upset
Disappointed
Dissatisfied

Perturbed
Annoyed
Uptight
Resistant
Irritated
Touchy

Cautious
Nervous
Worried
Timid
Unsure
Anxious

Bashful
Ridiculous
Regretful
Uncomfortable
Pitied
Silly

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