

Name Your Emotions



Afraid



Sad



Worried



Happy



Ashamed



Distracted



Embarrassed



Nervous



Confident



Frustrated



Guilty



Lonely



Exhausted



Surprised



Shy



Confused



Proud



Shocked



Angry



Overwhelmed

Amazed

Disdain

Hopeful

Loving

Silly

Annoyed

Disgusted

Hurt

Miserable

Stupid

Anxious

Eager

Inadequate

Motivated

Suspicious

Bitter

Energetic

Insecure

Peaceful

Tense

Bored

Envious

Inspired

Relieved

Terrified

Comfortable

Excited

Irritated

Resentful

Trapped

Content

Foolish

Jealous

Satisfied

Uncomfortable

Depressed

Furious

Joy

Scared

Worried

Determined

Grievous

Lost

Self-conscious

Worthless