Building Emotional Vocabulary

**HAPPY**
Content  
Joyful  
Proud  
Peaceful  
Hopeful  
Inspired  
Optimistic  
Eager

**Sad**
Depressed  
Heartbroken  
Blue  
Unhappy  
Bored  
Lonely  
Powerless  
Guilty

**Mad**
Angry  
Frustrated  
Hurt  
Irritated  
Insecure  
Jealous  
Enraged  
Annoyed

**Scared**
Nervous  
Fearful  
Anxious  
Worried  
Worried  
 Worthless  
Frightened  
Dread  
Terrified

**Surprised**
Excited  
Nervous  
Shocked  
Startled  
Confused  
Amazed  
Perplexed  
Eager

https://goodbye-anxiety-hello-joy.com