

5 CORE EMOTIONS

MAD	GLAD	SAD	SCARED	ASHAMED
Furious	Elated	Depressed	Terrified	Mortified
Betrayed	Passionate	Miserable	Horrified	Remorseful
Outraged	Overjoyed	Alone	Frantic	Humiliated
Angry	Thrilled	Hurt	Petrified	Worthless
Irate	Ecstatic	Hopeless	Frightened	Disgraced
Irritated	Enthusiastic	Insecure	Distressed	Exposed
Frustrated	Relieved	Somber	Threatened	Unworthy
Agitated	Satisfied	Heartbroken	Apprehensive	Apologetic
Disgusted	Happy	Discouraged	Intimidated	Guilty
Annoyed	Pleased	Disappointed	Anxious	Secretive
Upset	Content	Unhappy	Worried	Regretful
Resistant	Delighted	Dissatisfied	Cautious	Embarrassed

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