

feelings chart

	MAD	SAD	GLAD	AFRAID	CONFUSED	ASHAMED	LONELY
<i>a little</i>	bothered	down	at Ease	uneasy	uncertain	uncomfortable	left-out
↑ ↓	irritated	somber	comfortable	cautious	unsettled	awkward	disconnected
	annoyed	disappointed	optimistic	tense	hesitant	abashed	invisible
	frustrated	melancholy	satisfied	anxious	perplexed	embarrassed	excluded
	angry	unhappy	pleased	distressed	flustered	flustered	insignificant
	fed up	dissatisfied	happy	scared	unfocused	sorry	neglected
	disgusted	depressed	encouraged	afraid	dismayed	ashamed	removed
	indignant	crushed	cheerful	alarmed	insecure	regretful	detached
	fuming	defeated	delighted	overwhelmed	bewildered	remorseful	unwanted
	enraged	dejected	joyful	horrified	lost	guilty	rejected
	irate	despairing	exhilarated	terrified	baffled	humiliated	abandoned
<i>a lot</i>	furious	devastated	ecstatic	numb	dumbfounded	mortified	forsaken