



# Emotion Words

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|                    |                      |                           |                  |                    |                  |
|--------------------|----------------------|---------------------------|------------------|--------------------|------------------|
| <b>Anxious</b>     | <b>Uncomfortable</b> | <b>A bit silly</b>        | <b>Relieved</b>  | <b>Comfortable</b> | <b>Included</b>  |
| <b>Confused</b>    | <b>Misunderstood</b> | <b>Numb</b>               | <b>Connected</b> | <b>Fortunate</b>   | <b>Moved</b>     |
| <b>Awkward</b>     | <b>Flustered</b>     | <b>Frustrated</b>         | <b>Valued</b>    | <b>Calm</b>        | <b>Respected</b> |
| <b>Tired</b>       | <b>Powerless</b>     | <b>Let down</b>           | <b>Heard</b>     | <b>Trusted</b>     | <b>Reassured</b> |
| <b>Overwhelmed</b> | <b>Unsure</b>        | <b>Embarrassed</b>        | <b>Hopeful</b>   | <b>Surprised</b>   | <b>Confident</b> |
| <b>Unsupported</b> | <b>Stuck</b>         | <b>A little irritated</b> | <b>Safe</b>      | <b>Encouraged</b>  | <b>Pleased</b>   |
| <b>Fed up</b>      | <b>Apprehensive</b>  |                           | <b>Supported</b> | <b>Excited</b>     |                  |