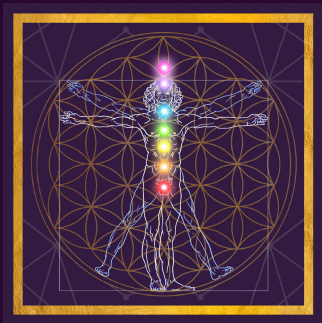


EMOTIONS LIST



SHARON WHITE

Emotions List

Emotions - What are they? During our lifetime, we feel all or most of these emotions on the list. This is natural. Sometimes we hold onto emotions rather feeling them and letting them go. That is where the problem lays.

Here is a list of emotions.

Happiness	Contentment
Anger	Empathetic
Pride	Amusement
Excitement	Appreciative
Peace	Confident
Satisfaction	Optimistic
Acceptance	Cheerful
Affection	Carefree
Joy	Sweet
Compassion	Kind
Adoration	Loyal
Desire	Lust
Grateful	Gladsomeness
Love	Goofy

Inspired	Fearful
Enchanted	Grieved
Funny	Distracted
Friendly	Baffled
Calm	Needy
Sensual	Lost
Awe	Self-pity
Warm	Pessimistic
Romantic	Hysteria
Aware	Withdrawal
Comfortable	Worried
Free	Doubtful
Courageous	Frazzled
Hopeful	Sorrow
Fascinated	Curious
Tender	Guilt
Proud	Apologetic
Relief	Horrified
Eager	Overwhelmed
Sexy	Nervous
Understanding	Anxious
Patient	Terrified
Surprised	Cautious
Craving	Panicked
Wonder	Alienated
Amazed	Challenged
Sentimental	Jealous
Focused	Fraud (feeling like a)
Determined	Stressed

Agony
Shock
Desperate
Confused
Alone
Tense
Curious
Suspicious
Paranoid
Reluctant
Sceptical
Sulkiness
Horror
Sadness
Unhappy
Emptiness
Misery
Aching
Insecure
Apathetic
Defeated
Pity
Submissive
Lonely
Melancholy
Heartbroken
Depressed
Worn out

Glum
Cowardly
Gloomy
Hurting
Disappointed
Tired
Lovesick
Left out
Resigned
Miserable
Shy
Vulnerable
Yearning
Nostalgia
Remorse
Pensive
Protective
Dismay
Distress
Wanderlust
Anger
Annoyed
Bitter
Frustrated
Dislike
Spite
Uncomfortable
Offended

Bitter
Infuriated
Rage
Cheated
Vengeful
Impatient
Disgust
Animosity
Insulted
Cold
Envy
Uneasy
Loathe
Hopeless
Troubled
Embarrassed
Boredom
Wrath
Disapproval
Craving

Outrage
Awkward
Hatred
Resentment
Lazy
Mean
Hatred
Cranky
Aggressive
Horror
Vigilant
Pity
Cruel
Resentful
Disgust
Delirious
Denial
Obsessed
Defensive
Destructive

Emotions can be your best friend or worst enemy. Learn to use them wisely.

"Use your emotions to help you learn and grow and then when you have learned, release them". - Sharon White