



## Section I - Lesson 2 - Emotions and Energy

### The Negative Emotions

Afraid	Depressed	Frustrated
Agitation	Desire	Fury
Agony	Despair	Gloomy
Aggressive	Disappointment	Glumness
Alarm	Disbelief	Greed
Alarmed	Discombobulated	Grief
Alienation	Discomfort	Grouchiness
Anger	Discontentment	Grumpiness
Anguish	Disgruntled	Guilt
Annoyed	Disgust	Hate
Anxious	Disheartened	Hatred
Apprehension	Dislike	Helpless
Arrogant	Dismay	Homesickness
Aversion	Disoriented	Hopeless
Baffled	Dispirited	Horried
Bewildered	Displeasure	Humiliation
Bitter	Distraction	Hurt
Brazen	Distress	Hysteria
Brooding	Disturbed	Impatient
Careless	Dominant	Indignant
Claustrophobic	Doubt	Infatuation
Coercive	Dread	Infuriated
Confusion	Driven	Insecurity
Contempt	Dumbstruck	Insulted
Cowardly	Embarrassment	Irritated
Cruelty	Envy	Isolated
Cynicism	Exasperated	Jealousy
Dazed	Fear	Loathing
Dejection	Flakey	Lonely
Demoralized	Fright	Longing

Longing  
Loopy  
Lust  
Mad  
Melancholy  
Miserable  
Miserliness  
Mixed up  
Moody  
Mortified  
Mystified  
Nasty  
Nauseated  
Negative  
Neglect  
Nervous  
Obstinate  
Offended  
Outrage  
Overwhelmed  
Panicked  
Paranoid  
Pensiveness  
Pessimism  
Possessive  
Powerless  
Pride  
Puzzled  
Rage  
Rash

Rattled  
Regret  
Rejected  
Reluctant  
Remorse  
Resentment  
Resignation  
Restlessness  
Revulsion  
Ruthless  
Sadness  
Scared  
Schadenfreude  
Scorn  
Self-conscious  
Self-critical  
Self-loathing  
Self-pity  
Shame  
Shameless  
Shocked  
Smug  
Sorrow  
Spite  
Stubborn  
Stuck  
Submissive  
Suffering  
Sullenness  
Suspicious

Tension  
Terror  
Trust  
Stressed  
Torment  
Troubled  
Uncertainty  
Undermined  
Unsettled  
Unsure  
Uneasiness  
Unhappy  
Unnerved  
Vicious  
Vigilance  
Vulnerable  
Weak  
Woe  
Worried  
Worthy  
Wrath  
Upset  
Vengeful  
Yearning