



## Section I - Lesson 2 - Emotions and Energy

### The Positive Emotions

Admiration	Ecstasy	Love
Adoration	Elation	Lust
Affection	Empathy	Mystified
Amazement	Enchanted	Nostalgic
Amusement	Enjoyment	Optimistic
Anger	Enlightened	Passion
Anticipating	Enthusiasm	Persevering
Assertive	Epiphany	Pity
Astonished	Euphoria	Pleased
Attraction	Excitement	Pleasure
Awe	Expectancy	Positive
Bliss	Fascination	Pride
Calm	Fondness	Relieved
Caring	Friendliness	Self-caring
Charity	Glee	Self-compassionate
Cheeky	Gratitude	Self-confident
Cheerfulness	Happiness	Self-motivated
Compassionate	Hope	Sentimentality
Confident	Hospitable	Shameless
Courage	Infatuation	Strong
Curiosity	Interest	Surprise
Delighted	Intrigued	Suspense
Desire	Joviality	Sympathy
Determined	Joy	Tenderness
Dominant	Jubilation	Thankfulness
Driven	Kind	Thrilled
Eagerness	Liking	Triumphant