

## Feelings

	none	some			medium			a lot		Yes, huge!	
	0	1	2	3	4	5	6	7	8	9	10
<b>Anxious</b> (nervous, uneasy, worried, apprehensive, anxious, frightened, scared, alarmed, fearful, terrified)	0	1	2	3	4	5	6	7	8	9	10
<b>Angry</b> (irritated, vexed, irate, cross, incensed, furious, enraged, rageful)	0	1	2	3	4	5	6	7	8	9	10
<b>Curious</b> (puzzled, interested, wondering)	0	1	2	3	4	5	6	7	8	9	10
<b>Disappointed</b> (crestfallen, frustrated, disenchanted, disgruntled, disillusioned, frustrated, hopeless, unsatisfied)	0	1	2	3	4	5	6	7	8	9	10
<b>Disgusted</b> ("turned off", sickened, horrified)	0	1	2	3	4	5	6	7	8	9	10
<b>Embarrassed</b> (flustered, bewildered, ashamed, humiliated, regretful, guilty, disappointed in self, mortified)	0	1	2	3	4	5	6	7	8	9	10
<b>Happy</b> (amused, pleased, glad, grateful, excited, passionate, joyful, delighted, elated, ecstatic)	0	1	2	3	4	5	6	7	8	9	10
<b>Hurt</b> (bruised, tender, harmed, vulnerable, damaged, crushed)	0	1	2	3	4	5	6	7	8	9	10
<b>Lonely</b> (forlorn, abandoned, alone, empty, forsaken, isolated, rejected, uncherished)	0	1	2	3	4	5	6	7	8	9	10
<b>Sad</b> (melancholy, feeling down, withdrawn, blue, gloomy, bitter, sorrowful, depressed, despairing)	0	1	2	3	4	5	6	7	8	9	10
<b>Shocked</b> (cynical, incredulous, quizzical, skeptical, aghast, appalled, offended, stunned)	0	1	2	3	4	5	6	7	8	9	10
<b>Confident</b> (hopeful, upbeat, positive, courageous, certain, self-assured)	0	1	2	3	4	5	6	7	8	9	10
<b>Other:</b> _____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10