

## **Emotional Check-In**

### **List of Emotions**

#### **Instructions**

Here's a list of 100 words which reflect the wide range of feelings and emotions an individual can and may experience, as featured on the back of [EMOJI Cards](#).

<b>ENRAGED</b>	<b>PANICKED</b>	<b>STRESSED</b>	<b>JITTERY</b>
<b>SHOCKED</b>	<b>SURPRISED</b>	<b>UPBEAT</b>	<b>FESTIVE</b>
<b>EXHILARATED</b>	<b>ECSTATIC</b>	<b>LIVID</b>	<b>FURIOUS</b>
<b>FRUSTRATED</b>	<b>TENSE</b>	<b>STUNNED</b>	<b>HYPER</b>
<b>CHEERFUL</b>	<b>MOTIVATED</b>	<b>INSPIRED</b>	<b>ELATED</b>
<b>FUMING</b>	<b>FRIGHTENED</b>	<b>ANGRY</b>	<b>NERVOUS</b>
<b>RESTLESS</b>	<b>ENERGIZED</b>	<b>LIVELY</b>	<b>ENTHUSIASTIC</b>
<b>OPTIMISTIC</b>	<b>EXCITED</b>	<b>ANXIOUS</b>	<b>APPREHENSIVE</b>
<b>WORRIED</b>	<b>IRRITATED</b>	<b>ANNOYED</b>	<b>PLEASED</b>
<b>HAPPY</b>	<b>FOCUSED</b>	<b>PROUD</b>	<b>THRILLED</b>
<b>REPULSED</b>	<b>TROUBLED</b>	<b>CONCERNED</b>	<b>UNEASY</b>
<b>PEEVED</b>	<b>PLEASANT</b>	<b>JOYFUL</b>	<b>HOPEFUL</b>
<b>PLAYFUL</b>	<b>BLISSFUL</b>	<b>DISGUSTED</b>	<b>GLUM</b>
<b>DISAPPOINTED</b>	<b>DOWN</b>	<b>APATHETIC</b>	<b>AT EASE</b>
<b>EASY GOING</b>	<b>CONTENT</b>	<b>LOVING</b>	<b>FULFILLED</b>
<b>PESSIMISTIC</b>	<b>MOROSE</b>	<b>DISCOURAGED</b>	<b>SAD</b>
<b>BORED</b>	<b>CALM</b>	<b>SECURE</b>	<b>SATISFIED</b>
<b>GRATEFUL</b>	<b>TOUCHED</b>	<b>ALIENATED</b>	<b>MISERABLE</b>
<b>LONELY</b>	<b>DISHEARTENED</b>	<b>TIRED</b>	<b>RELAXED</b>
<b>CHILL</b>	<b>RESTFUL</b>	<b>BLESSED</b>	<b>BALANCED</b>
<b>DESPONDENT</b>	<b>DEPRESSED</b>	<b>SULLEN</b>	<b>EXHAUSTED</b>
<b>FATIGUED</b>	<b>MELLOW</b>	<b>THOUGHTFUL</b>	<b>PEACEFUL</b>
<b>COMFY</b>	<b>CAREFREE</b>	<b>DESPAIR</b>	<b>HOPELESS</b>
<b>DESOLATE</b>	<b>SPENT</b>	<b>DRAINED</b>	<b>SLEEPY</b>
<b>COMPLACENT</b>	<b>TRANQUIL</b>	<b>COZY</b>	<b>SERENE</b>

#### **Source**

Compiled by [Positive Psychology](#).