

Appendix A: The Matrix of Emotions



HOW DOES THAT MAKE YOU FEEL? PART I

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
abrupt	spiteful	achy	self-hating	argumentative	alone	bored	alarmed	unwelcoming	aching	abandoned	attacked
aggressive	stubborn	alienated	slouching	authoritative	compulsive	cold	anxious	uptight	afflicted	anguished	aversion
agitated	swearing	ashamed	stuck	awkward	craving	dull	apprehensive	wary	agonized	apathetic	blunt
annoyed	ticked off	blocked	submissive	blushing	cut off	insensitive	attached	worried	appalled	betrayed	bossy
bitter	upset	bummed out	sulky	comparing	distraught	lifeless	avoiding		belittled	blindsided	combative
blaming	vindictive	burdened	touchy	condescending	distressed	preoccupied	concerned		bulldozed	crying	complaining
contrary		cheerless		confounded	doomed	reserved	cowardly		bullied	devastated	disapproval
controlling		crabby		demanding	empty	robotic	criticized		crushed	disconnected	disgusted
critical		dejected		disdainful	fatigued	slow	defensive		deprived	discontented	fake
devastated		despairing		disillusioned	fidgety	sluggish	disrespected		distant	dismayed	frowning
disrespectful		desperate		disoriented	hungry	tired	disturbed		heartbroken	fragile	glaring
enraged		despicable		distracted	inadequate	uncaring	edgy		humiliated	grieved	hurtful
exasperated		despondent		distrustful	incapable	uninterested	frightened		indignant	guilty	loathing
explosive		diminished		doubtful	incapacitated	unresponsive	guarded		injured	isolated	obsessive
frustrated		disappointed		embarrassed	incompetent	weary	immobile		insulted	lonely	opinionated
furious		discouraged		hesitant	inept		inhibited		miffed	mournful	pushy
hateful		disheartened		indecisive	inferior		insecure		offended	oversensitive	ranting
hostile		dissatisfied		judgmental	insignificant		intimidated		pained	remorseful	recoiling
hotheaded		down		lost	jittery		intolerant		rejected	sentimental	rude
impatient		drawn		manipulative	nauseated		nervous		ridiculed	sorrowful	scolding
incensed		gloomy		off-kilter	overwhelmed		panicked		secretive	sour	serious
infuriated		grouchy		perplexed	paralyzed		paranoid		slighted	sullen	shallow
insulting		haggard		shy	pathetic		petrified		smothered	tearful	stern
Irritated		hopeless		uncertain	shut down		prejudiced		suffering	unhappy	stiff
jealous		in hell		uncomfortable	sick		restless		tormented	unworthy	stilted
malicious		lousy		uneasy	squirring		rigid		tortured		stonewalling
mean		low		unsure	trapped		scared		victimized		tactless
offensive		miserable			trembling		self-absorbed		violated		territorial
overbearing		moody			twitching		self-conscious		withdrawn		
provoked		morose			useless		shaky		worthless		
quarrelsome		negative			vulnerable		skeptical		wronged		
reactive		no energy			weak		stressed				
rebellious		off					suspicious				
reprimanding		out of sorts					tense				
repulsed		pessimistic					terrified				
resentful		powerless					threatened				
sarcastic		resistant					timid				
scornful		self-critical					troubled				
seething		self-deprecating					unbending				



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OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
accepting	admiring	amused	absorbed	active	adaptable	angelic	complete	aware
approachable	adorable	blissful	amazed	animated	bold	assured	composed	beaming
connected	affectionate	cheerful	amused	communicative	brave	at ease	dynamic	centered
easy	allowing	child-like	astonished	courageous	conscientious	authentic	energized	efficient
embracing	amorous	delighted	attentive	energetic	constructive	balanced	hardy	fluid
empathetic	appreciative	easygoing	awe	excited	cooperative	blessed	honest	glowing
fearless	caring	ecstatic	courteous	exhilarated	creative	calm	important	graceful
flexible	charming	elated	curious	frisky	daring	carefree	perseverant	grounded
flowing	compassionate	euphoric	engrossed	giving	eager	certain	powerful	laughing
free	considerate	festive	entertained	intelligent	earnest	clear	proud	light
friendly	devoted	giggly	fascinated	passionate	enthusiastic	comfortable	reliable	meditative
harmonious	expansive	glad	focused	playful	exuberant	confident	respected	natural
kind	gentle	gleeful	inquisitive	sexy	helpful	content	responsible	non-controlling
outgoing	gracious	in heaven	intent	sharing	honored	encouraged	secure	open-minded
present	grateful	jovial	intrigued	spirited	hopeful	forgiving	self-affirming	radiant
receptive	honoring	joyful	involved	spunky	in the zone	fulfilled	solid	reflective
satisfied	humble	jubilant	observant	thrilled	inspired	genuine	stable	rested
sympathetic	intimate	lighthearted	surprised	tickled	keen	grateful	supportive	spontaneous
tolerant	kind	mellow	thoughtful	vigorous	motivated	liberated	sure	steady
understanding	loyal	on top of the world		youthful	optimistic	pleased	tenacious	supported
welcoming	non-judgmental	silly			productive	quiet	truthful	trusting
	patient	sunny			resourceful	self-sufficient		unassuming
	respectful	thankful			responsive	serene		unhurried
	romantic				upbeat	unburdened		
	sensitive					uplifted		
	sweet							
	tender							
	touched							
	warm							