

Responding with Feelings and Responding to Emotions

*anxious

*bored

*worried

*respectful

*disappointed

*embarrassed

*frightened

*determined

*surprised

*shocked

*depressed

*hopeless

*grief-stricken

*sympathetic

*bitter

*frustrated

*happy, pleased, elated

*proud

*defeated

*understanding

*interested

*offended

*successful

*sincere

*ridiculous

*foolish

*self-conscious

*awkward

*insecure

*humiliated

*dignified

*candid

*careless

*puzzled, confused

*mad, angry, furious, enraged