

# SOMETIMES I FEEL...

## A

adventurous  
affectionate  
afraid  
aggressive  
amazed  
annoyed  
anxious  
apologetic  
apprehensive  
ashamed

## B

bashful  
betrayed  
bold  
bored  
brave

## C

calm  
cautious  
cheerful  
comfortable  
competent  
confident  
confused  
curious

## D

decisive  
depressed  
determined  
disappointed  
disgusted  
distressed

## E

ecstatic  
embarrassed  
energetic  
enraged  
enthusiastic  
envious  
excited  
exhausted

## F

friendly  
frightened  
frustrated

## G

grateful  
greedy  
guilty

## H

happy  
helpless  
hopeful  
horrified

## I

impatient  
incompetent  
indecisive  
indifferent  
insecure  
inspired  
insulted  
intimidated  
irritated

## J

jealous  
joyful

## L

lazy  
listless  
lonely

## M

marvelous  
mischievous  
miserable  
moody

## N

negative  
nervous

## O

optimistic  
overwhelmed

## P

peaceful  
perplexed  
petrified  
positive  
proud  
puzzled

## R

regretful  
relaxed  
resentful  
restless

## S

sad  
satisfied  
secure  
serene  
shocked  
shy  
silly  
skeptical  
sleepy  
sluggish  
sullen  
surprised  
suspicious  
sympathetic

## T

tense  
timid  
tranquil  
trusting

## U

uncomfortable  
undecided

## W

wary  
whimsical  
worried

## Z

zealous

# SCALE OF EMOTIONS

