

LANGUAGE OF THE HEART

Happy	
Joyful	Liberated Ecstatic
Interested	Amused Inquisitive
Proud	Important Confident
Accepted	Respected Fulfilled
Powerful	Courageous Provocative
Optimistic	Inspired Open
Peaceful	Hopeful Loving
Intimate	Playful Sensitive

Surprise	
Startled	Shocked Dismayed
Confused	Disillusioned Perplexed
Amazed	Astonished Awe
Excited	Eager Energetic

Fear	
Scared	Terrified Worried
Anxious	Overwhelmed Worried
Insecure	Inadequate Inferior
Submissive	Worthless Insignificant
Rejected	Inadequate Alienated
Humiliated	Disrespected Ridiculed

Anger

Hurt	Embarrassed Devastated
Threatened	Insecure Jealous
Hateful	Resentful Violated
Mad	Furious Enraged
Aggressive	Provoked Hostile
Frustrated	Infuriated Irritated
Distant	Withdrawn Suspicious
Critical	Skeptical Sarcastic

Disgust

Disapproval	Judgemental Loathing
Disappointed	Repugnant Revolted
Awful	Revulsion Detestable
Avoidance	Aversion Hesitant

Sad

Guilt	Remorseful Ashamed
Abandoned	Ignored Victimized
Despair	Powerless Vulnerable
Depressed	Inferior Empty
Lonely	Abandoned Isolated
Bored	Apathetic Indifferent