



# MY FEELINGS FILES | SHADES OF EMOTIONS

Emotions can be big or small. You can use words to describe them. You can also show how strong a feeling is with shades of colours, like this...

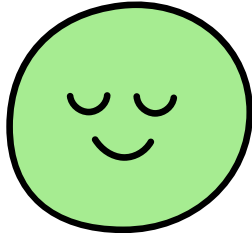
Right now, I'm feeling...

<p>Sad</p> 	Gloomy
	Glum
	Unhappy
	Joyless
	Miserable
	Depressed

Right now, I'm feeling...

<p>In grief</p> 	Mournful
	Distressed
	Inconsolable
	Distraught
	Heartbroken
	Devastated


Right now, I'm feeling...

<p>Calm</p> 	Rested
	Quiet
	Mellow
	Peaceful
	Relaxed
	Content

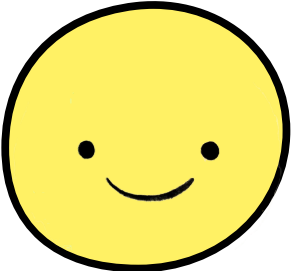
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<p>Happy</p> 	Chuffed
	Cheerful
	Jolly
	Joyful
	Thrilled
	Ecstatic

Right now, I'm feeling...

<p>Glad</p> 	Thankful
	Pleased
	Content
	Grateful
	Optimistic
	Blissful

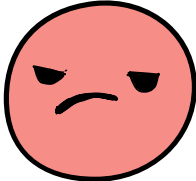
Right now, I'm feeling...

<p>Excited</p> 	Keen
	Eager
	Giddy
	Exuberant
	Exhilarated
	Euphoric


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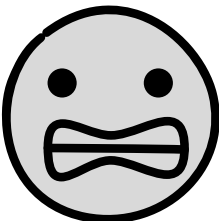
Right now, I'm feeling...

<b>Annoyed</b> 	Bothered
	Irked
	Irritated
	Frustrated
	Vexed
	Exasperated

Right now, I'm feeling...

<b>Angry</b> 	Grumpy
	Bad-tempered
	Fuming
	Furious
	Raging
	Livid


Right now, I'm feeling...

<b>Scared</b> 	Nervous
	Agitated
	Apprehensive
	Unsafe
	Fearful
	Terrified

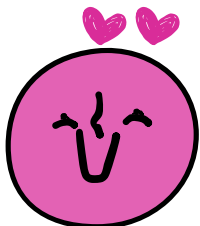
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Right now, I'm feeling...

<b>Confused</b> 	Unsure
	Distracted
	Muddled
	Baffled
	Flummoxed
	Bewildered

Right now, I'm feeling...

<b>Friendly</b> 	Affectionate
	Considerate
	Fond
	Loyal
	Loving
	Compassionate

Right now, I'm feeling...

<b>Worried</b> 	Tense
	Troubled
	Anxious
	Fretful
	Distressed
	Distraught