

Teach Sheet 11

Body Sensations, Feelings and Emotions Vocabulary

(Based on work by Jacqui Gingras with permission)

<p>Angry aggravated annoyed defiant disgusted enraged exasperated frustrated furious hateful hostile indignant mad obstinate outraged perturbed peeved pissed off rebellious seething spiteful surly upset vengeful blood boiling hot under the collar</p> <p>Loving affectionate aroused caring devoted intimate tender warm loved</p>	<p>supported appreciated valued respected trusted trusting trustworthy</p> <p>Ashamed apologetic embarrassed foolish guilty humble idiotic mortified regretful remorseful shameful worthless red faced</p> <p>Confident bold capable centred eager energetic focused grounded hopeful inspired keen optimistic powerful productive</p>	<p>Happy amused cheerful delightful ecstatic elated excited exuberant gleeful high joyful mischievous warm glowing light-hearted</p> <p>Hurt abandoned abused attacked belittled bitter cheated disappointed dismayed grieving gypped humiliated let down betrayed mournful sorrowful rejected resentful</p>	<p>Sad despondent depressed dismal low melancholy gloomy miserable weepy fragile dark mood</p> <p>Confused baffled befuddled bewildered disoriented flustered perplexed puzzled scattered troubled flummoxed muddled out-of-sorts</p> <p>Satisfied adequate content mellow peaceful replete tranquil heartened</p>
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<p>Scared afraid alarmed fearful frightened horrified hysterical insecure intimidated nervous panicky petrified terrified threatened vulnerable dirty dishevelled discombobulated neck hairs standing</p> <p>Surprised aghast amazed astonished astounded incredulous shocked startled knocked for six</p>	<p>Uncaring ambivalent apathetic bored busy detached exhausted indifferent fake</p> <p>Thankful appreciative grateful gratified indebted obliged relieved content glowing glad smiling inside</p> <p>Thoughtful challenged curious illuminated informed engaged interested pensive reflective eyebrows meeting</p>	<p>Uncertain cynical doubtful dubious distrustful hesitant indecisive pessimistic sceptical suspicious unsure unsettled</p> <p>Wanting empty envious homesick hungry ignored jealous lonely longing lustful</p> <p>Weak inadequate burdened controlled despairing discouraged helpless hopeless impotent inhibited lost passive</p>	<p>powerless restricted trapped suicidal</p> <p>Worried agitated anxious bothered restless tense uneasy unsettled gullible</p> <p>Body Talk agitated cold feet spaced out frisky hot under the collar butterflies in the stomach sexy under my skin bright eyed on my nerves present connected</p>
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