



Identifying core emotions

Below is a list of words that can be combined with an “I feel” prefix to best represent how you feel in a conversation:

Able	Afraid	Alone
Angry	Annoyed	Awkward
Concerned	Confident	Conflicted
Disappointed	Embarrassed	Enthusiastic
Excited	Frustrated	Glad
Guilty	Happy	Helpless
Hopeful	Hurt	Intimidated
Irritated	Lonely	Low
Overwhelmed	Powerless	Sad
Satisfied	Scared	Tired
Unhappy	Uncertain	Uncomfortable
Upset	Vulnerable	Worried

Which are **happy** “I feel” statements?

Which are **angry** “I feel” statements?

Which are fearful (afraid) “I feel” statements?

Which are sad (hurt) “I feel” statements?