

EI EXPERIENCE EMOTIONS LIST

USE THIS LIST TO IDENTIFY YOUR EMOTION

WHAT ARE YOU FEELING?



POSITIVE



HAPPY



OPTIMISTIC



INSPIRED



EMPATHETIC



EXCITED



CONFIDENT



PROUD



RELIEF



CONTENT



HOPEFUL



SURPRISED



CALM



STRONG



PASSIONATE



OFFENDED



INSECURE



INTIMIDATED



EMBARRASSED



FRUSTRATED



CONFUSED



JEALOUS



INDIFFERENT



AFRAID



DISAPPOINTED



SAD



DISCOURAGED



OVERWHELMED



RESENTMENT



PESSIMISTIC