**1. Happy**

* **Playful**: Aroused, Cheeky
* **Content**: Free, Joyful
* **Interested**: Curious, Inquisitive
* **Proud**: Successful, Confident
* **Accepted**: Respected, Valued
* **Powerful**: Courageous, Creative
* **Peaceful**: Loving, Thankful
* **Trusting**: Intimate, Sensitive
* **Optimistic**: Hopeful, Inspired

**2. Sad**

* **Lonely**: Abandoned, Victimized
* **Vulnerable**: Fragile, Grief
* **Despair**: Powerless, Ashamed
* **Depressed**: Guilty, Regretful
* **Hurt**: Disappointed, Embarrassed
* **Empty**: Inferior, Isolated

**3. Disgusted**

* **Disapproving**: Judgmental, Embarrassed
* **Disappointed**: Appalled, Revolted
* **Awful**: Nauseated, Distant
* **Repelled**: Aversion, Avoidance

**4. Angry**

* **Let down**: Humiliated, Bitter
* **Mad**: Aggressive, Frustrated
* **Aggressive**: Provoked, Hostile
* **Frustrated**: Infuriated, Annoyed
* **Distant**: Withdrawn, Numb
* **Critical**: Sceptical, Dismissive

**5. Fearful**

* **Scared**: Helpless, Frightened
* **Anxious**: Overwhelmed, Worried
* **Insecure**: Inadequate, Inferior
* **Weak**: Worthless, Insignificant
* **Rejected**: Excluded, Persecuted
* **Threatened**: Nervous, Exposed

**6. Bad**

* **Bored**: Indifferent, Apathetic
* **Busy**: Pressured, Rushed
* **Stressed**: Overwhelmed, Out of Control
* **Tired**: Sleepy, Unfocussed

**7. Surprised**

* **Startled**: Shocked, Dismayed
* **Confused**: Disillusioned, Perplexed
* **Amazed**: Astonished, Awed
* **Excited**: Eager, Energetic