

Dr. Kelli Palfy (4675)  
 Peaks and Valleys Psychology  
 Edmonton, AB  
 Ph: (780)-705-4990 Email:  
 kellipalfypsychology@gmail.com  
[www.peaksandvalleys.com](http://www.peaksandvalleys.com)

Emotions are important to understand. They like signals on a dashboard that tell us important information about what our needs are and the needs of others. Emotions have a relational tendency. They identify problems and help us construct meaning. Emotions must be acknowledged and validated or reflected upon in order to change. Below are some words that are commonly associated to our primary emotions. See if you can identify yours.

<b>Happy/Love</b>	<b>Fear</b>	<b>Hate</b>	<b>Anger</b>	<b>Sadness</b>	<b>Confusion</b>	<b>Shame</b>
Joy	Mortified	Evil	Mad	Agonizing	Stupefied	Mortified
Adoration	Terrified	Diabolical	Enraged	Crushed	Bewildered	Degraded
Love	Horrified	Loathing	Violent	Devastated	Baffled	Humiliated
Arousal	Petrified	Despising	Livid	Desolate	Mystified	Dishonored
Attraction	Shocked	Inhumane	Fuming	Betrayed	Perplexed	Disgraced
Blissful	Appalled	Brutal	Revolted	Despairing	Disconcerted	Embarrassed
Excited	Distressed	Violent	Outraged	Despondent	Shambled	Bruised
Seeking	Alarmed	Vicious	Rebellious	Heart-broken	Muddled	Ashamed
Caring	Panicky	Ruthless	Exasperated	Demoralized	Cluttered	Accused
Charming	High-strung	Fierce	Infuriated	Grieving	Confused	Remorseful
Compassion	Trapped	Wicked	Furious	Mourning	Puzzled	Apologetic
Desire	Phobic	Sadistic	Belligerent	Afflicted	Disturbed	Worthless
Fondness	Scared	Vengeful	Indignant	Distressed	Torn	Guilty
Liking	Spooked	Hateful	Disgruntled	Anguished		Sorry
Enjoy	Frightened	Heartless	Upset	Defeated		Foolish
Longing	Paranoid	Pitiless	Vexed	Powerless		Submissive
Passion	Jealous	Cruel	Angry	Discouraged		Inferior
Tender	Defensive	Malicious	Bitter	Bleak		Meek
Warm	Discouraged	Venomous	Insulted	Gloomy		Awkward
Kind	Fearful	Ill-willing	Resentful	Alienated		Humble
Bliss	Intimidated	Repulsed	Flustered	Abandoned		Modest
Ecstasy	On edge	Disgusted	Wronged	Miserable		Pitiful
Elation	Agitated	Nauseated	Cheated	Helpless		Regretful
Gladness	Nervous	Sickened	Frustrated	Tormented		
Enthusiasm	Anxious	Disparaging	Aggravated	Wounded		
Euphoria	Stressed	Persecuting	Offended	Burdened		
Gaiety	Dreading	Hostile	Complaining	Burned-out		
Exhilaration	Worried	Contemptuous	Irritated	Exhausted		

Gladness Hope Pride Lust Pleasure Jovial Zest Zeal Relief Enthusiastic Optimistic Hopeful Thrilled Satisfied Zannie Enthralled Gleeful Triumphant Proud Jolly Cheery Faithful Loyal Considerate Devoted Thoughtful Fervent Friendly Generous Respectful Doting Attached Fond	Evasive Threatened Troubled Insecure Doubting Suspicious Distrustful Torn Wary Hesitant Apprehensive Uneasy Reluctant Unsure Wavering Concerned Shy	Malevolent Mean Scornful Spiteful Callous Harsh Abrasive Loveless Cold Rejecting Prejudiced Cynical Resentful Disliking Disapproving Objecting Displeased Critical Judgmental Inconsiderate	Testy Cranky Impatient Disagreeable Displeased Annoyed Troubled Bothered	Overwhelmed Lost Isolated Hopeless Chagrined Disappointed Brooding Unfulfilled Disconnected Lonely		
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