

Words to Describe Emotions

It is important for all of us to feel that we can talk to somebody about our emotions. Sometimes though, it can be difficult to explain how we are feeling or putting our emotions in to words. Try using some of the words below to help you.

AFRAID	ANGRY	ANNOYED
ANXIOUS	ASHAMED	BORED
CONFIDENT	CONFUSED	CONTEMPTUOUS
CONTENT	CURIOUS	DELIGHTED
DEPRESSED	DISAPPOINTED	DISCOURAGED
DISGUSTED	EMBARRASSED	ENTHUSIASTIC
ENVIIOUS	FEARFUL	FRIGHTENED
FRUSTRATED	EXCITED	GUILTY
HAPPY	GLOOMY	HUMILIATED
INSPIRED	HOPELESS	IRRITATED
JEALOUS	INTERESTED	MAD
NERVOUS	LOVING	RELIEVED
REPULSED	PROUD	SCARED
SCORNFUL	SAD	SURPRISED
SHY	WORRIED	WORTHLESS

Information about non-epileptic attacks and non-epileptic attack disorder:
www.nonepilepticattacks.info/