

*From Recovering Intimacy in Your Relationship Seminar*  
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## **Emotion Words**

Aggressive	Furious	Rage
Ambivalent	Glad	Regret
Angry	Good	Remorse
Anticipation	Grateful	Resentful
Awe	Great	Rich
Bad	Hateful	Sad
Boiling	Happy	Safe
Bold	Helpful	Satisfied
Brave	Helpless	Scared
Calm	Hopeless	Sexy
Carefree	Horrified	Shocked
Careful	Hot	Shy
Chicken	Hurt	Sick
Clumsy	Hysterical	Silly
Cold	Important	Sleepy
Comfortable	Impressed	Sly
Confused	Indifferent	Smart
Contemplative	Invisible	Sorry
Contempt	Itchy	Strong
Content	Joy	Stupid
Cowardly	Kind	Surprised
Crazy	Lazy	Submissive
Curious	Like an idiot	Terrible
Dejected	Like I'm drowning	Thankful
Depressed	Lonely	Tickled
Disgusted	Love	Tired
Disappointment	Mad	Trust
Down	Mean	Uncomfortable
Dread	Miserable	Unhappy
Eager	Nauseated	Unimportant
Ecstatic	Needed	Uninspired
Edgy	Nice	Upbeat
Embarrassed	Nuts	Upset
Energetic	Overjoyed	Vulnerable
Enthusiastic	Overwhelmed	Warm
Excited	Optimistic	Wary
Exhausted	Out of control	Weak
Fabulous	Poor	Wealthy
Fine	Positive	Weird
Flattered	Powerless	Well
Free	Protective	Willful
Frightened	Proud	Worried
Frustrated	Puzzled	Worthless