



JENNIFER TARDELLI, MA, LPC, NCC  
 PSYCHOTHERAPY  
 WOMEN'S ISSUES

## Emotions Chart

Level of Intensity	Happiness	Sadness	Fear	Uncertainty	Anger	Strength/Potency	Weakness/Inadequacy
<b>Strong</b>	Excited	Despairing	Panicked	Bewildered	Outraged	Powerful	Ashamed
	Thrilled	Hopeless	Terrified	Disoriented	Hostile	Authoritative	Powerless
	Delighted	Crushed	Afraid	Mistrustful	Furious	Forceful	Vulnerable
	Overjoyed	Miserable	Frightened	Confused	Angry	Potent	Cowardly
	Ecstatic	Abandoned	Seared		Harsh		Exhausted
	Elated	Defeated	Overwhelmed		Hateful		Impotent
	Jubilant	Desolate			Mean		
		Depressed			Vindictive		
<b>Moderate</b>	“Up”	Dejected	Worried	Doubtful	Aggravated	Tough	Embarrassed
	Good	Dismayed	Shaky	Mixed Up	Irritated	Important	Useless
	Happy	Disillusioned	Tense	Insecure	Offended	Confident	Demoralized
	Optimistic	Lonely	Anxious	Skeptical	Mad	Fearless	Helpless
	Cheerful	Bad	Threatened	Puzzled	Frustrated	Energetic	Worn out
	Enthusiastic	Unhappy	Agitated		Resentful	Brave	Inept
	Joyful	Pessimistic			“Sore”	Courageous	Incapable
	“Turned On”	Sad			Impatient	Daring	Incompetent
		Hurt			Obstinate	Assured	Inadequate
		Lost				Adequate	Shaken
						Self-confident	
						Skillful	
<b>Weak</b>	Pleased	“Down”	Jittery	Unsure	Perturbed	Determined	Frail
	Glad	Discouraged	Jumpy	Surprised	Annoyed	Firm	Meek
	Content	Disappointed	Nervous	Uncertain	Grouchy	Able	Unable
	Relaxed	“Blue”	Uncomfortable	Undecided	Hassled	Strong	Weak
	Satisfied	Alone	Uptight	Bothered	Bothered		
	Calm	Left out	Uneasy		Disagreeable		
			Defensive				
			Apprehensive				
			Hesitant				
			Edgy				



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