## **Our emotions. Our feelings.**



At ease, amused, animated, soothed, tenderized, well-disposed, calm, captivated, centered, fulfilled, confident, comfortable, content, casual, relaxed, determined, willing, thrilled, encouraged, committed, enthusiastic, awakened, exhilarated, fascinated, proud, full of gratitude, happy, involved, joyful, free, mobilized, motivated, nurtured, optimistic, open, at peace, reassured, radiant, receptive, delighted, satisfied, stimulated, alive...

## SADNESS

Downcast, overwhelmed, distressed, stunned, saddened, upset, grieved, confused, dismayed, upset, in a bad mood, torn, discouraged, defeated, unmotivated, destitute, depressed, disillusioned, disillusioned, despairing, disenchanted, disenchanted, disillusioned, sorry, shaken, heartbroken, in disarray, distressed, lacking, bored, extinguished, helpless, uncomfortable, unhappy, morose, pained, disturbed, pessimistic, preoccupied, shaken, gloomy, worried, tormented...

Trainings / Conferences



Distraught, alarmed, distressed, anxious, afraid, blocked, capsized, fearful, torn, frightened, frightened, embarrassed, in disarray, feverish, worried, uneasy, panicked, preoccupied, cautious, reticent, skeptical, concerned, suspicious, on guard, suspicious, terrified, trembling, vulnerable... ANGER

On edge, agitated, bitter, shocked, upset, tense, carried away, fed up, fed up with, irritated, exasperated, exasperated, angry, frustrated, horrified, impatient, disgruntled, shady, outraged, revolted, scandalized, gloomy, on edge, overexcited, overexcited, touchy, tense, titillated, tormented, bothered... Dazed, bewildered, stunned, open-mouthed, breathless, bewildered, bewildered, disoriented, bewildered, bewildered, bewildered, flabbergasted, flabbergasted, impressed, interloqué, interpelé, intrigued, perplexed, caught off guard, caught short, overturned, seized, shaken, flabbergasted, stunned, confused...

**SURPRISED** 

DISGUST

Disgusted, sickened, full of loathing, repulsed...



## to avoid (accumulation)

Abandoned, abused, cornered, accused, attacked, blamed, guilty, discredited, neglected, hated, devalued, diminished, dominated, discarded, crushed, stifled, flouted, harassed, humiliated, ignored, incompetent, unworthy, insulted, intimidated, invisible, isolated, judged, dumped, manipulated, mothered, pathetic, threatened, scorned, pressurized, neglected, unloved, unbelieved, unheard, trapped, belittled, rejected, ridiculed, stupid, betrayed, used...

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