

# Emotions

Z Z F E K J C V R T L Q F E M H G R Y V S U A U  
 G Z C O N F U S E D K K R J A T I R E D L T U B  
 R F Z J Q Q W K M D J Y I O M D Q G J X N P U T  
 C P W G L S O A H U R T F R E L A X E D R C D D  
 G S Z L W L B B C H U T J I R R I T A T E D E G  
 R H Q N S X D Y S A M K H U T Z L G E E N Z U S  
 D O C A L M D S D T S J R O A R X O D D C X K X  
 L C Z S F J K L I C H R F E W V Q F O O H J F R  
 Q K T H R B X E S X J E R W C Z C J W V B Y E G  
 U E S A D E S X T N U T A I P L D M Y E H O S R  
 Z D Y V B T R V R X D F E X C I T E D R Z Q C P  
 T M C K O H Y G U C H A P P Y D A X G W J I A A  
 A P F N W M N W S W P Z P A J T Y N Q H H C R R  
 X M N L F G A A T B L T C M K D Y S Q E F G E F  
 R I E E J C Q Y I C F H M L U S J B K L B Y D W  
 E X A E F E K Y N Q R X Q J O E S O K M D H H P  
 S J W K A S N Z G X U M H E N S N R X E T A S R  
 T Z T G K S Y A M U S E D T B P F E S D Z F E J  
 L M B F L J G G I S T J X V O W O D Y T R U S T  
 E A J Z A W A U M V R N N W L W T X R R J Z U A  
 S D T W Y A M I S C A S D L M A X V R L N V B R  
 S Y H X P J D L C O T Q E N U M B P B P V G N Z  
 L S Y P H S F T G A E T Q Y P X N B F O N W E K  
 A G M T D Z D Y K N D J E D P Q O G O J S N D H

- |             |             |            |           |          |
|-------------|-------------|------------|-----------|----------|
| Overwhelmed | Distrusting | Frustrated | Irritated | Restless |
| Confused    | Shocked     | Relaxed    | Excited   | Guilty   |
| Amused      | Scared      | Trust      | Bored     | Happy    |
| Tired       | Calm        | Numb       | Hurt      | Mad      |
| Sad         |             |            |           |          |