

## Emotional protocol

Switch on your power to feel better

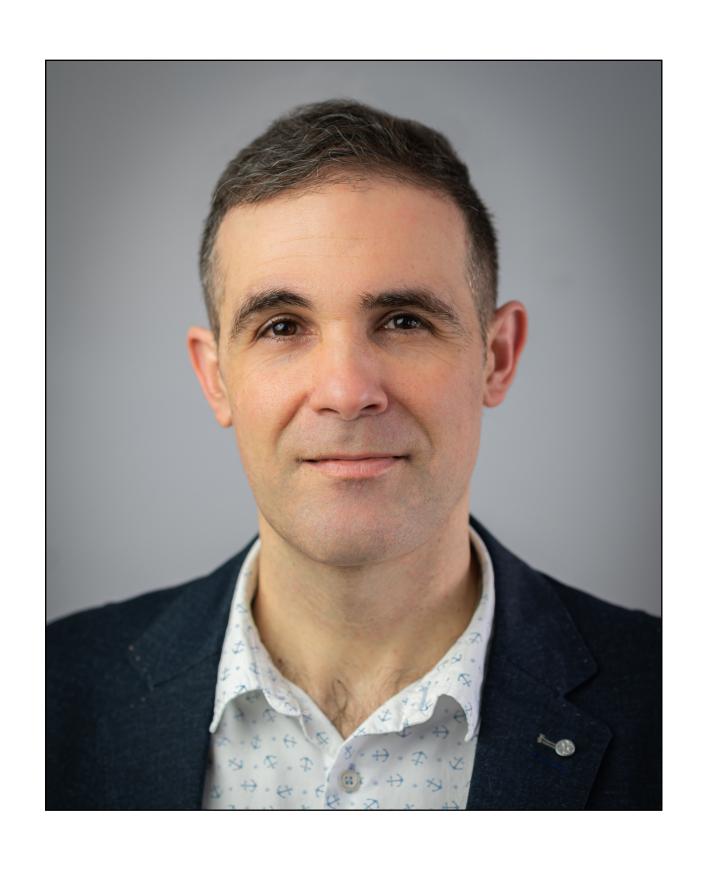
# List of feeling words

#### Pleasant feelings

OPEN	HAPPY	ALIVE	GOOD	LOVE	INTERESTED	POSITIVE	STRONG
Understanding Confident Reliable Easy Amazed Free Sympathetic Interested Satisfied Receptive Accepting Kind	Great Gay Joyous Lucky Fortunate Delighted Overjoyed Gleeful Thankful Important Festive Ecstatic Satisfied Glad Cheerful Sunny Merry Elated Jubilant	Playful Courageous Energetic Liberated Optimistic Provocative Impulsive Free Frisky Animated Spirited Thrilled Wonderful	Calm Peaceful At ease Comfortable Pleased Encouraged Clever Surprised Content Quiet Certain Relaxed Serene Free and easy Bright Blessed Reassured	Loving Considerate Affectionate Sensitive Tender Devoted Attracted Passionate Admiration Warm Touched Sympathy	Concerned Affected Fascinated Intrigued Absorbed Inquisitive Nosy Snoopy Engrossed Curious	Eager Keen Earnest Intent Inspired Determined Excited Enthusiastic Bold Brave Daring	Impulsive Free Sure Certain Rebellious Unique Dynamic Tenacious Hardy Secure

#### Unpleasant feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS	INDIFERENT	AFRAID	HURT	SAD
Irritated Enraged Hostile Insulting Sore Annoyed Upset Hateful Unpleasant Offensive Bitter Aggressive Resentful Inflamed Provoked Infuriated Cross Worked up	Lousy Disappointed Discouraged Ashamed Powerless Diminished Guilty Dissatisfied Miserable Detestable Repugnant Despicable Disgusting Abominable Terrible In despair Sulky Bad	Upset Doubtful Uncertain Indecisive Perplexed Embarrassed Hesitant Shy Stupefied Disillusioned Unbelieving Skeptical Distrustful Misgiving Lost Unsure Uneasy Pessimistic	Incasable Alone Paralyzed Fatigued Useless Inferior Vulnerable Empty Torced Hesitant Despair Frustrated Distressed Woeful Pathetic Tragic In a stew Dominated	Insensitive Dull Nonchalant Neutral Reserved Weary Bored Preoccupied Cold Disinterested Lifeless	Fearful Terrified Suspicious Anxious Alarmed Panic Nervous Scared Worried Frightened Timid Shaky Restless Doubtful Threatened Cowardly Quaking Renaced	Crushed Tormented Deprived Pained Tortured Dejected Rejected Injured Ofended Afflicted Aching Victimized Heartbroken Agonizad Appalled Humiliated Wronged Alienated	Tearful Sorrowful Pained Grief Anguish Desolate Desperate Pessimistic Unhappy Lonely Grieved Mournful Dismayed
Boiling Fuming Indignant	A sense of loss	Tense			Wary		



### About Pablo Calal

I am an EMCC accredited Wellness Coach/ trainer/author with a background in Psychotherapy. I have experience working in multicultural settings in countries such as Spain, the UK, Colombia, Panama and Ireland. I am passionate about empowering SMEs and their staff to promote well being, happiness and success in and out of the workplace.