

Emotional Reactions

What Are You Feeling?

Consider the following.

Fear

- ▶ Dread
- ▶ Panic
- ▶ Alarm
- ▶ Horror
- ▶ Terror
- ▶ Worry
- ▶ Distrust
- ▶ Misgiving
- ▶ Timidity
- ▶ Anxiety

Anxiety

(symptoms of)

- ▶ Palpitation
- ▶ Trembling/Quivering
- ▶ Shaking/Shuddering
- ▶ Butterflies
- ▶ Cold feet
- ▶ Second thoughts
- ▶ The creeps
- ▶ Pit of stomach
- ▶ Hard to breathe
- ▶ Speaking quickly
- ▶ Stop speaking

Hesitation

- ▶ Trepidation
- ▶ Apprehension
- ▶ Uncertainty
- ▶ Suspicion
- ▶ Qualm
- ▶ Disquiet
- ▶ Concern
- ▶ Reluctance
- ▶ Indecision
- ▶ Balking

Hesitancy

(symptoms of)

- ▶ Pause
- ▶ Break
- ▶ Stop
- ▶ Postponement
- ▶ Deferral
- ▶ Procrastination
- ▶ Unwillingness
- ▶ Wavering
- ▶ Diffidence
- ▶ Slowing down

Pain

- ▶ Anguish
- ▶ Ache
- ▶ Discomfort
- ▶ Twinge
- ▶ Throbbing
- ▶ Torture
- ▶ Torment
- ▶ Distress
- ▶ Trial
- ▶ Burden

Anger

- ▶ Angst
- ▶ Ire
- ▶ Bitterness
- ▶ Wrath
- ▶ Temper
- ▶ Rage
- ▶ Fury
- ▶ Resentment
- ▶ Acrimony
- ▶ Enmity

Dissatisfaction

- ▶ Frustration
- ▶ Exasperation
- ▶ Impatience
- ▶ Irritation
- ▶ Annoyance
- ▶ Discontent
- ▶ Thwarted
- ▶ Displeasure
- ▶ Nonfulfillment
- ▶ Restlessness

Sadness

- ▶ Sorrow
- ▶ Joylessness
- ▶ Discouragement
- ▶ Disheartened
- ▶ Gloominess
- ▶ Bleakness
- ▶ Dejected
- ▶ Depressed
- ▶ Despondent
- ▶ Melancholy

Resigned

- ▶ In a funk
- ▶ Tolerating
- ▶ Depressed
- ▶ Down
- ▶ Given up
- ▶ Abdicated
- ▶ Submitted to
- ▶ Ceded
- ▶ Surrendered
- ▶ Endured

Disappointed

- ▶ Dismayed
- ▶ Discouraged
- ▶ Disillusioned
- ▶ Disenchanted
- ▶ Thwarted
- ▶ Foiled
- ▶ Miscarriage
- ▶ Baffled
- ▶ Chagrinned
- ▶ Fizzled

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