

## Emotions List

Brash — Demure	Despondent — Lighthearted
Bright — Idiotic	Determined — Uncertain
Calm — Agitated	Disappointed — Pleased
Calm — Nervous	Disapproving — Approving
Calm — Raging	Disbelieving — Trusting
Cautious — Unafraid	Discontent — Content
Certain — Undecided	Discouraged — Optimistic
Charmed — Horrified	Disgusted — Delighted
Cheerful — Sad	Disidentified — Identified
Closemouthed — Gossipy	Displeased — Amused
Collected — Confused	Disquiet — Quiet
Comfortable — Pained	Dissatisfied — Satisfied
Comforted — Martyred	Distant — Intimate
Competitive — Cooperative	Distasteful — Satisfying
Complete — Desirous	Domineering — Meek
Complete — Incomplete	Earthly — Transcended
Composed — Hysterical	Easy-Going — Cranky
Composed — Worried	Easygoing — Prudish
Concentrating — Inattentive	Egotistical — Humble
Confident — Embarrassed	Embarrassed — Confidant
Confident — Insecure	Empathic — Contentious
Confident — Scared	Empathic — Indifferent
Confused — Collected	Empty — Full
Congenial — Incompatible	Empty — Full
Conniving — Straightforward	Energetic — Lazy
Contemptuous — Tolerant	Energetic — Tired
Content — Discontent	Enraged — Peaceful
Content — Lonely	Enthusiastic — Listless
Contented — Vexed, Bothered	Envious — Un-Selfish
Contentious — Empathic	Exasperated — Placid
Contracted — Open	Exhausted — Vital
Cooperative — Competitive	Fair — Prejudiced
Cowardly — Noble	False — Truthful
Cranky — Easy-Going	Fearless — Frightened
Creative — Unproductive	Fiendish — Angelic
Deep — Shallow	Flexible — Obstinate
Deep — Superficial	Forgetful — Thoughtful
Defensive — Undefended	Forlorn — Optimistic
Deficient — Full	Forthright — Scheming
Delighted — Disgusted	Forward — Sheepish
Delighted — Heavy-hearted	Forward — Withdrawn
Demure — Brash	Frightened — Fearless
Dependent — Independent	Frustrated — Satisfied
Depressed — Happy	Full — Deficient
Derogatory — Proudful	Full — Empty
Desirous — Complete	Generous — Greedy
Despairing — Lighthearted	Generous — Resentful

## Emotions List

Good-tempered — Surly  
Gossipy — Closemouthed  
Grateful — Ungrateful  
Gratified — Hurt  
Greedy — Generous  
Grieving — Joyous  
Guilty — Innocent  
Happy — Depressed  
Hard — Soft  
Hateful — Loving  
Hateful — Loving  
Healthy — Sick  
Heavy-hearted — Delighted  
Helpful — Uncooperative  
Helpless — Powerful  
Helpless — Self-reliant  
Hopeful — Hopeless  
Hopeful — Hopeless  
Hopeless — Hopeful  
Horried — Charmed  
Hostile — Sympathetic  
Humble — Arrogant  
Humble — Egotistical  
Humble — Modest  
Hung-over — Animated  
Hurt — Gratified  
Hysterical — Composed  
Identified — Disidentified  
Idiotic — Bright  
Ignorant — Knowledgeable  
Important — Insignificant  
Impoverished — Rich  
Inattentive — Concentrating  
Incompatible — Congenial  
Incomplete — Complete  
Independent — Dependent  
Indifferent — Empathic  
Innocent — Guilty  
Insecure — Confident  
Insignificant — Important  
Interested — Bored  
Interested — Uninterested  
Intimate — Distant  
Intolerant — Thoughtful  
Invincible — Vulnerable  
Jealous — Trusting  
Joyous — Grieving

Kind — Sully  
Knowing — Surprised  
Knowledgeable — Ignorant  
Lacking — Present  
Lazy — Energetic  
Lighthearted — Despairing  
Lighthearted — Despondent  
Lighthearted — Melancholy  
Listless — Enthusiastic  
Lonely — Content  
Loving — Hateful  
Lustful — Spiritual  
Martyred — Comforted  
Meditative — Unthinking  
Meek — Domineering  
Melancholy — Lighthearted  
Mellow — Boisterous  
Mischievous — Thoughtful  
*Integrative Restoration – iRest Level I  
Training: The Sheath of Feelings and  
Emotions 87*  
Miserable — Satisfied  
Modest — Boastful  
Nauseated — Well  
Negative — Positive  
Neglected — Nourished  
Nervous — Calm  
Noble — Cowardly  
Nonchalant — Perturbed  
Nourished — Neglected  
Numb — Alert  
Obstinate — Flexible  
Open — Contracted  
Optimistic — Discouraged  
Optimistic — Forlorn  
Overworked — Rested  
Pained — Comfortable  
Paranoid — Sound  
Passive — Active  
Passive — Aggressive  
Peaceful — Agonized  
Peaceful — Enraged  
Penetrable — Vulnerable  
Perplexed — Assured  
Perturbed — Nonchalant  
Placid — Exasperated  
Pleased — Disappointed

## Emotions List

Positive — Negative	Spirited — Sulky
Potent — Sterile	Spiritual — Lustful
Powerful — Helpless	Sterile — Potent
Prejudiced — Fair	Straightforward — Conniving
Present — Lacking	Straightforward — Two-faced
Pressured — Relaxed	Strong — Weak
Prideful — Derogatory	Sulky — Spirited
Proud — Ashamed	Sully — Kind
Prudish — Easygoing	Superficial — Deep
Puzzled — Understanding	Surly — Good-tempered
Quiet — Disquiet	Surprised — Knowing
Raging — Calm	Suspicious — Trusting
Reactive — Responsive	Sympathetic — Hostile
Regretful — Remorseless	Talkative — Uncommunicative
Relaxed — Pressured	Tempted — Repelled
Remorseless — Apologetic	Tender — Violent
Remorseless — Regretful	Thoughtful — Forgetful
Repelled — Tempted	Thoughtful — Intolerant
Repellent — Seductive	Thoughtful — Mischievous
Resentful — Generous	Threatened — Safe
Responsive — Apathetic	Timid — Unafraid
Responsive — Reactive	Tired — Energetic
Rested — Overworked	Tolerant — Angry
Rich — Impoverished	Tolerant — Contemptuous
Sad — Cheerful	Transcended — Earthly
Safe — Abandoned	Trusting — Disbelieving
Safe — Threatened	Trusting — Jealous
Satisfied — Dissatisfied	Trusting — Skeptical
Satisfied — Frustrated	Trusting — Suspicious
Satisfied — Miserable	Truthful — False
Satisfying — Distasteful	Two-faced — Straightforward
Scared — Confidant	Unafraid — Anxious
Scheming — Fortright	Unafraid — Cautious
Secure — Apprehensive	<i>Integrative Restoration – iRest Level I</i>
Seductive — Repellent	<i>Training: The Sheath of Feelings and</i>
Self-reliant — Helpless	<i>Emotions 88</i>
Separate — Unified	Unafraid — Timid
Shallow — Deep	Uncertain — Determined
Sheepish — Forward	Uncommunicative — Talkative
Shocked — Accepting	Uncooperative — Helpful
Sick — Healthy	Undecided — Certain
Simple — Sophisticated	Undefended — Defensive
Skeptical — Trusting	Understanding — Puzzled
Smug — Humble, Modest	Ungrateful — Grateful
Soft — Hard	Unhappy — Blissful
Sophisticated — Simple	Unified — Separate
Sound — Paranoid	Uninterested — Interested

## **Emotions List**

Unproductive — Creative  
Un-Selfish — Envious  
Unthinking — Meditative  
Vexed, Bothered — Contented  
Violent — Tender  
Vital — Exhausted  
Vulnerable — Invincible  
Vulnerable — Penetrable  
Weak — Strong  
Well — Nauseated  
Withdrawn — Forward  
Worried — Composed