



## Emotion Word List

When you feel **fear**, you might feel...

Timid	Anxious	Scared
Cautious	Stressed	Afraid
Uneasy	Nervous	Frightened

When you feel **anger**, you might feel...

Annoyed	Frustrated	Pissed-off
Bugged	Impatient	Furious
Irritated	Mad	Enraged

When you feel **disgust**, you might feel...

Turned off	Sickened	Repulsed
Queasy	Grossed out	Revolted
Nauseous	Detest	Abhorred

When you feel **sadness**, you might feel...

Disappointed	Gloomy	Heartbroken
Down	Depressed	Sorrowful
Blue	Desolate	Miserable

When you feel **guilt or shame**, you might feel...

Sorry	Blameworthy	Disgraced
Sheepish	Remorseful	Degraded
Embarrassed	Humiliated	Mortified

### Intensity Scale:

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0	1	2	3	4
Not at All	Mild/ A little bit	Moderate/ Moderately	Strong/ Quite a bit	Extreme/ Extremely



## **Aggressive Behaviors List**

### **Examples of Behaviors that Do Not Include Physical Contact:**

**Yelled, shouted, or screamed**  
**Swore or cursed at**  
**Insulted**  
**Stomped out of room, house, or yard**  
**Said something to annoy/hurt/humiliate**  
**Sent repeated messages**  
**Destroyed something belonging to person**  
**Accused of being lousy lover/unfaithful**  
**Threatened to leave or send away**  
**Threatened to hurt self**  
**Threatened to hurt other (physical or emotional)**

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### **Examples of Behaviors that Include Physical Contact:**

**Threw something at person**  
**Spanked**  
**Twisted arm**  
**Pulled hair**  
**Pushed or shoved**  
**Shook**  
**Grabbed**  
**Slapped**  
**Punched**  
**Hit with something**  
**Slammed against wall**  
**Threw or knocked down**  
**Burned or scalded**  
**Kicked**  
**Choked or prevented breathing**  
**Forced sex**  
**Used or threatened with a weapon**