

2.6.1

**DISCOVERING
ACTIVITY**



2.6.2

CONNECTING
ACTIVITY

The Range of Normal Emotions

Happy:

Content, Pleased,
Blissful, Ecstatic

Sad:

Unhappy, Down,
Gloomy, Miserable

Surprised:

Shocked, Astounded,
Startled, Amazed

Scared:

Nervous, Fearful,
Terrified, Petrified

EMOTIONS

Mad:

Upset, Angry,
Irate, Furious

Loving:

Sympathetic, Warm,
Caring, Adoring

Lonely:

Separated, Isolated,
Secluded, Alienated