

**Freedom from Emotional Eating;**  
*Changing your relationship with food*



**Emotions Menu**

You may find that as you begin to reacquaint yourself with your feelings, that you find it hard to name the more subtle emotions within the ranges, so you may find this menu helpful.

<b>Strong</b>	Happiness	Caring	Fear	Anger	Sadness
	Blissful	Adoring	Alarmed	Affronted	Alienated
	Delighted	Ardent	Appalled	Belligerent	Barren
	Ecstatic	Cherishing	Desperate	Enraged	Beaten
	Elated	Compassionate	Distressed	Fuming	Bleak
	Energetic	Crazy about	Frightened	Furious	Dejected
	Enthusiastic	Devoted	Horrified	Heated	Depressed
	Euphoric	Doting	Intimidated	Incensed	Desolate
	Excited	Fervent	Panicky	Infuriated	Despairing
Exhilarated	Idolising	Paralysed	Intense	Despondent	
Gleeful	Infatuated	Petrified	Outraged	Dismal	
Overjoyed	Passionate	Shocked	Provoked	Empty	
Thrilled	Wild about	Terrified	Seething	Gloomy	
Turned on	Worshipful	Terror- stricken	Storming	Grieved	
Vibrant	Zealous	Wrecked	Truculent	Grim	
<b>Medium</b>	Aglow	Admiring	Afraid	Vengeful	Hopeless
	Buoyant	Affectionate	Apprehensive	Vindictive	Woeful
	Cheerful	Attached	Awkward	Wild	Worried
	Elevated	Fond	Defensive	Aggravated	Awful
	Happy	Kind	Fearful	Annoyed	Blue
	In high spirits	Kind-hearted	Fretful	Antagonistic	Crestfallen
	Jovial	Loving	Jumpy	Crabby	Demoralised
	Light hearted	Partial	Nervous	Cranky	Devalued
	Lively	Soft on	Scared	Cross	Discouraged
Merry	Sympathetic	Shaky	Exasperated	Dispirited	
Sparkling	Tender	Skittish	Fuming	Distressed	
Up	Trusting	Taut	Grouchy	Downcast	
<b>Light</b>	Contented	Warm hearted	Threatened	Hostile	Downhearted
	Cool	Appreciative	Troubled	Ill-tempered	Fed up
	Fine	Attentive	Wired	Indignant	Lost
	Genial	Considerate	Anxious	Irate	Melancholy
	Glad	Friendly	Careful	Irritated	Miserable
	Gratified	Interested in	Cautious	Offended	Regretful
	Keen	Kind	Disquieted	Ratty	Rotten
	Pleasant	Like	Shy	Resentful	Sorrowful
	Pleased	Respecting	Tense	Sore	Tearful
Satisfied	Thoughtful	Timid	Spiteful	Upset	
Serene	Tolerant	Uneasy	Testy	Weepy	
Sunny	Warm toward	Unsure	Ticked-off	Disappointed	
	Yielding	Watchful	Bugged	Down	
		Worried	Chagrined	Glum	
			Dismayed	Low	
			Galled	Moody	
			Grim	Morose	
			Impatient	Sombre	
			Irked	Subdued	
			Petulant	Uncomfortable	
			Resentful	unhappy	
			Sullen		
			Uptight		

	<u>Hurt</u>	<u>Loneliness</u>	<u>Confusion</u>	<u>Remorse</u>	<u>Inadequateness</u>
<b>Strong</b>	Abused	Abandoned	Baffled	Abashed	Blemished
	Aching	Black	Befuddled	Debased	Blotched
	Aggrieved	Cut off	Chaotic	Degraded	Broken
	Anguished	Deserted	Confounded	Delinquent	Crippled
	Crushed	Destroyed	Confused	Depraved	Damaged
	Degraded	Empty	Dizzy	Disgraced	False
	Destroyed	Forsaken	Flustered	Evil	Feeble
	Devastated	Isolated	Rattled	Exposed	Finished
	Discarded	Marooned	Reeling	Humiliated	Flawed
	Disgraced	Neglected	Shocked	Judged	Helpless
	Forsaken	Ostracised	Shook up	Mortified	Impotent
	Humiliated	Outcast	Speechless	Shameful	Inferior
	Mocked	Rejected	Startled	Sinful	Invalid
	Punished	Shunned	Stamped	Wicked	Powerless
	Rejected		Stunned	Wrong	Useless
	Ridiculed	<u>Alienated</u>	Taken aback		Washed up
	Ruined	<u>Alone</u>	Thrown	Apologetic	Whipped
	Scorned	<u>Apart</u>	Thunderstruck	Ashamed	Worthless
	Stabbed	<u>Cheerless</u>	Trapped	Contrite	Zero
Tortured	<u>Companionless</u>		Culpable		
	<u>Dejected</u>	<u>Adrift</u>	Demeaned	Ailing	
<b>Medium</b>	<u>Despondent</u>	<u>Ambivalent</u>	Downhearted	Defeated	
Annoyed	<u>Estranged</u>	Bewildered	Flustered	Deficient	
Belittled	<u>Excluded</u>	Blurred	Guilty	Dopey	
Cheapened	<u>Left out</u>	Disconcerted	Penitent	Feeble	
Criticised	<u>Left over</u>	Disordered	Regretful	Helpless	
Damaged	<u>lonely</u>	Disorganised	Remorseful	Impaired	
Depreciated	<u>Oppressed</u>	Disquieted	Repentant	Imperfect	
Devalued	<u>Spare part</u>	Disturbed	Shamefaced	Incapable	
Discredited	<u>Uncherished</u>	Foggy	Sorrowful	Incompetent	
Distressed		Frustrated	Sorry	Incomplete	
Impaired	<u>Blue</u>	Misled		Ineffective	
Injured	<u>Detached</u>	Mistaken	Bashful	Inept	
Maligned	<u>Discouraged</u>	Misunderstood	Blushing	Insignificant	
Marred	<u>Distant</u>	Mixed up	Chagrined	Insubstantial	
Miffed	<u>Insulated</u>	Perplexed	Crestfallen	Lacking	
Mistreated	<u>Melancholy</u>	Puzzled	Embarrassed	Lame	
Resentful	<u>Remote</u>	Troubled	Hesitant	Overwhelmed	
Troubled	<u>Separate</u>		Humble	Small	
Used	<u>Withdrawn</u>	<u>Distracted</u>	Meek	Substandard	
Wounded		Uncertain	Regretful	Unimportant	
		Uncomfortable	Reluctant		
<b>Light</b>		Undecided	Sheepish	Dry	
Let down		Unsettled		Incomplete	
Minimised		Unsure		Meagre	
Neglected				Puny	
Put away				Tenuous	
Put down				Tiny	
Rueful				Uncertain	
Tender				Unconvincing	
Touched				Unsure	
Unhappy				Weak	
				Wishful	