MOOD METER

We are all feeling beings who are experiencing emotions every moment of our lives. We want to increase our Emotional Intelligence.
We can get in touch with our own feelings by asking ourselves:

How do I feel? And Why?

How Do I Feel?

Locate your current emotional state on the Mood Meter

1	Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic	
Hign Energy —	Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated	
	Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic	
	Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Нарру	Proud	Thrilled	
,	Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful	
Low Energy	Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled	
	Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	S atisfied	Grateful	Touched	
	Alienated	Miserable	Lonely	D ishear tened	Tired	Relaxed	Chill	Restful	Blessed	Balanced	
i	Despondent	Depressed	S ullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfor table	Carefree	
	Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene	
		LOW PLEASANTNESS —			→ ←			— HIGH PLEASANTNESS —			

