

**POSITIVE
FEELINGS**

confident

comfortable

excited

delighted

happy

relieved

energized

hopeful

accomplished

secure

productive

inspired

**NEUTRAL
FEELINGS**

satisfied

at ease

pleased

fulfilled

content

curious

ready

challenged

able

supported

**NEGATIVE
FEELINGS**

annoyed

stressed

defeated

confused

mad

anxious

uncertain

discouraged

irritated

frustrated

overwhelmed

baffled

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