

 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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