



C.D.P

STRESS MANAGEMENT FOR CSO'S TRAINING COURSE

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These handouts have been prepared by experts of the
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Emotions List

ANGRY		DEPRESSED		CONFUSED	HELPLESS	INDIFFERENT	AFRAID		HURT	SAD	JUDGMENTAL
enraged	mad	suicidal	pessimistic	lost	paralyzed	cold	terrified	insecure	tormented	anguished	stony
malicious	cross	directionless	dejected	disoriented	distraught	lifeless	petrified	wary	pained	desolate	hurtful
infuriated	retaliating	empty	glum	off-kilter	doomed	uncaring	panicked	menaced	tortured	devastated	brutal
violent	overbearing	desperate	cheerless	frenzied	distressed	uninterested	frozen	uptight	agonized	grieved	combative
vindictive	incensed	despairing	rotten	indecisive	pathetic	unresponsive	threatened	apprehensive	crushed	tearful	attacked
furious	upset	in hell	crabby	doubtful	overwhelmed	insensitive	hateful	defensive	deprived	sorrowful	tactless
repulsed	irritated	alienated	resistant	uncertain	shut down	numb	agoraphobic	guarded	rejected	unhappy	glaring
seething	controlling	miserable	punishing	distrustful	incompetent	dull	fearful	troubled	humiliated	lonely	disgusted
scornful	agitated	masochistic	morose	misgiving	incapable	reserved	suspicious	self-	insulted	mournful	ranting
hitting	antagonistic	despicable	cranky	unsure	alone	weary	rigid	absorbed	injured	dismayed	scolding
yelling	reprimanding	self-hating	grumpy	uneasy	fatigued	bored	phobic	intolerant	offended	downhearted	obsessive
revengeful	envious	self-critical	burdened	tense	useless	preoccupied	disturbed	avoiding	afflicted	oversensitive	serious
hostile	reactive	self-	negative	stressed	inferior	robotic	disrupted	unwelcoming	aching	remorseful	stern
insulting	abrupt	deprecating	closed	argumentative	vulnerable	slow	anxious	unbending	victimized	sullen	frowning
swearing	quarrelsome	stuck	contracted	authoritative	inept	sluggish	alarmed	paranoid	heartbroken	sour	recoiling
condemning	stubborn	ashamed	tight	condescending	incapacitated	blasé	dreading	inhibited	appalled	self-	unfair
offensive	rebellious	exhausted	blocked	embarrassed	cut off	blank	attacking	immobile	wronged	castigating	bossy
aggressive	exasperated	lousy	moody	hesitant	trapped		intimidated	attached	withdrawn	unworthy	stilted
bitter	impatient	tired	out of	shy	weak		nervous	prejudiced	miffed	fragile	stiff
loud	contrary	despondent	sorts	disillusioned	sick		scared	self-	indignant	disconnected	pushy
sarcastic	disrespectful	disheartened	no energy	uncomfortable	nauseated		worried	conscious	suffering	blindsided	neglectful
frustrated	unpleasant	down	touchy	comparing	fidgety		frightened		distant	discontented	stonewalling
resentful	annoyed	disappointed	haggard	dishonest	trembling		timid		invaded	crying	rude
critical	dictatorial	discouraged	drawn	demanding	craving		shaky		bulldozed	groaning	shrill
mean	sharp	powerless	slumped	distracted	squirming		restless		bullied	moaning	hard
sadistic	snapping	hopeless	slouching	blushing	jittery		cowardly		secretive	forlorn	fake
spiteful		grouchy	achy	awkward	woozy				slighted		phony
jealous		guilty	self-	conflicted	compulsive				smothered		shallow
short-		dissatisfied	loathing						belittled		territorial
tempered		sulky	crummy								complaining
		low	wretched								blunt
		bad									arrogant
		bummed out									superior
											faultfinding

Emotions List

OPEN	LOVING	HAPPY	INTERESTED	ALIVE	POSITIVE	PEACEFUL	STRONG	RELAXED
free	devoted	blissful	fascinated	playful	inspired	calm	hardy	glowing
interested	passionate	joyous	intrigued	courageous	enthusiastic	content	secure	radiant
receptive	considerate	delighted	absorbed	energetic	bold	quiet	stable	beaming
accepting	affectionate	overjoyed	amazed	liberated	brave	certain	honest	reflective
kind	sensitive	gleeful	engrossed	exhilarated	daring	relaxed	reliable	smiling
harmonious	tender	elated	inquisitive	optimistic	hopeful	serene	sure	grounded
empathetic	attracted	jubilant	curious	frisky	exuberant	good	certain	unhurried
tolerant	admiring	euphoric	involved	animated	in the zone	at ease	dynamic	open-minded
understanding	warm	thankful	attentive	spirited	eager	comfortable	tenacious	efficient
easy	touched	festive	observant	thrilled	keen	pleased	composed	non-controlling
connected	close	ecstatic	amused	wonderful	earnest	encouraged	self-affirming	unassuming
sympathetic	loved	satisfied	thoughtful	funny	upbeat	surprised	truthful	trusting
friendly	sweet	glad	courteous	great	creative	bright	supportive	supported
approachable	gentle	cheerful	intent	giving	constructive	blessed	excellent	light
outgoing	compassionate	sunny	focused	sharing	helpful	assured	perseverant	spontaneous
flowing	caring	jovial		intelligent	resourceful	clear	responsible	aware
flexible	allowing	fun-loving		equal	motivated	balanced	energized	healthy
present	nonjudgmental	lighthearted		excited	cooperative	fine	sane	meditative
listening	appreciative	easygoing		enjoying	productive	okay	complete	still
welcoming	respectful	mellow		communicative	responsive	carefree	mature	rested
embracing	humble	happy-go-lucky		active	conscientious	adequate	solid	waiting
	gracious	glorious		spunky	approving	fulfilled	confident	laughing
	patient	innocent		youthful	honored	genuine		graceful
	honoring	child-like		vigorous	privileged	authentic		natural
	expansive	gratified		tickled	adaptable	beautiful		steady
	kindly	rapturous		engaged		forgiving		centered
	grateful	in good humor				sincere		placid
		in heaven				uplifted		
		on top of the world				unburdened		
						self-sufficient		

Vocabulary of Emotions/Feelings

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	Happiness	Caring	Depression	Inadequate	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Strong	Delighted Ebullient Ecstatic Elated Energetic Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tickled pink Turned on Vibrant Zippy	Adoring Ardent Cherishing Compassionate Crazy about Devoted Doting Fervent Idolizing Infatuated Passionate Wild about Worshipful Zealous	Alienated Barren Beaten Bleak Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful Worried	Blemished Broken Crippled Damaged Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero	Appalled Desperate Distressed Frightened Horrificed Intimidated Panicky Paralyzed Petrified Shocked Shook up Terrified Terror-stricken Wrecked	Baffled Befuddled Chaotic Compounded Confused Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Trapped	Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned	Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Outraged Provoked Seething Storming Truculent Vengeful Vindictive	Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong
Medium	Aglow Buoyant Cheerful Elevated Gleeful Happy In high spirits Jovial Light-hearted Lively Merry Riding high Sparkling Up	Admiring Affectionate Attached Fond Fond of Huggy Kind Kind-hearted Loving Partial Soft on Sympathetic Tender Trusting Warm-hearted	Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant	Afraid Alarmed Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Dizzy Foggy Frozen Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled	Belittled Cheapened Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Tortured Troubled Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished	Apologetic Ashamed Contrite Crestfallen Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry
Light	Contented Cool Fine Genial Glad Gratified Keen Pleasant Pleased Satisfied Serene Sunny	Appreciative Attentive Considerate Friendly Interested in Kind Like Respecting Thoughtful Tolerant Warm toward Yielding	Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distracted Uncertain Uncomfortable Undecided Unsettled Unsure	Annoyed Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy Used	Bugged Chagrined Dismayed Galled Grim Impatient Irked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Embarrassed Hesitant Humble Meek Sheepish