



# Which negative emotion happens on-the-regular?

Angry	Distracted	Nervous
Annoyed	Divided	Overwhelmed
Anxious	Exhausted	Preoccupied
Ashamed	Fretful	Punished
Blocked	Frozen	Reactionary
Bored	Frustrated	Regretful
Boxed In	Hurt	Rejected
Broken Down	Guarded	Resentful
Burdened	Ignored	Shamed
Chaotic	Impatient	Shocked
Conflicted	Inhibited	Stagnant
Defensive	Inundated	Tense
Disappointed	Isolated	Trapped
Disconnected	Lost	Troubled
Discouraged	Misunderstood	Worried