

# **SURFACE FEELINGS** VS **UNDERLYING FEELINGS**

Angry

Annoyed

Bitter

Depressed

Distrusting

Embarrassed

Frustrated

Furious

Insecure

Irritated

Jealous

Nervous

Overwhelmed

Paranoid

Resentful

Unforgiving

Unhappy

Worried

Afraid

Alienated

Alone

Disappointed

Dissatisfied

Embarrassed

Frustrated

Guilty

Helpless

Hopeless

Hurt

Lonely

Neglected

Rejected

Sad

Shameful

Shocked

Trapped