EXHIBIT 9.1

Emotion Words Checklist

Calm–Relaxed

at ease	cozy	relieved	serene
composed	mellow	rested	tranquil
contented	peaceful	safe	unruffled

Fortunate–Lucky

blessed	fortunate	privileged	well-off

Joyful–Elated

blissful	enthusiastic	fantastic	jubilant
cheerful	euphoric	gleeful	optimistic
delighted	exhilarated	happy	overjoyed
ecstatic	exultant	hopeful	thrilled

Appreciative–Grateful

beholden	indebted	obliged	

Pleased–Proud

confident	honored	successful	victorious
fulfilled	satisfied	triumphant	

Able–Competent

capable	experienced	knowledgeable	successful
clever	fit	proficient	talented
effective	intelligent	skilled	

Deserving–Worthy

admirable	entitled	justified	

Vigorous–Active

alert	energetic	invigorated	strong
alive	enlivened	lively	up
daring	enthusiastic	spirited	vibrant

Cared for–Loved

accepted	bonded	respected	trusted
adored	cherished	secure	valued
appreciated	prized	supported	wanted
attached	protected	treasured	

Caring–Loving

accepting	empathic	giving	sympathetic
affectionate	fond	helpful	tender
comforting	forgiving	kind	understanding
compassionate	gentle	protective	warm

Completed–Finished

accomplished	concluded	done	fulfilled

Enthused–Inspired

eager	enriched	impassioned	stimulated
encouraged	excited	motivated	stirred
enlightened	galvanized	moved	uplifted

Determined–Persistent

compelled	driven	persevering	tenacious

(*continues*)

EXHIBIT 9.1 (*Continued*)

Emotion Words Checklist

Surprised–Shocked

alarmed	astounded	flabbergasted	startled
amazed	at a loss	shaken	stunned
astonished	awestruck	speechless	taken aback

Overwhelmed–Overcome

beaten	incapacitated	intimidated	paralyzed
incapable	in over your head	out of control	stressed

Anxious–Nervous

agitated	fretful	on edge	uneasy
apprehensive	ill at ease	panicky	uptight
edgy	jittery	restless	worried
fidgety	jumpy	tense	wound up

Disgusted–Sickened

appalled	offended	repulsed	turned off
nauseated	repelled	revolted	

Bothered–Upset

annoyed	distraught	perturbed	unbalanced
burdened	distressed	rattled	
concerned	disturbed	troubled	

Afraid–Frightened

fearful	petrified	scared	terrified

Contemptuous–Scornful

condescending	disapproving	disparaging	scornful
derisive	disdainful	disrespectful	superior

Angry–Annoyed

aggravated	furious	irate	miffed
cross	heated	irked	outraged
enraged	incensed	irritated	pissed off
exasperated	indignant	livid	provoked
frustrated	infuriated	mad	ticked off

Helpless–Powerless

defenseless	dependent	feeble	vulnerable

Sad–Depressed

blue	discouraged	hopeless	sorrowful
defeated	disheartened	low	tearful
dejected	down	melancholic	unhappy
demoralized	empty	miserable	woeful
desolate	forlorn	morose	wretched
despondent	gloomy	pessimistic	

Shamed–Embarrassed

chastened	degraded	dishonored	humiliated
crestfallen	discredited	exposed	mortified
defamed	disgraced	humbled	scorned

Guilty–Remorseful

apologetic	bad	culpable	sorry
at fault	blameworthy	regretful	to blame

EXHIBIT 9.1 (*Continued*)

Emotion Words Checklist

Inadequate–Incompetent

deficient	inferior	pathetic	unfit
impaired	insignificant	powerless	unimportant
imperfect	insufficient	small	unqualified
incapable	lacking	stupid	unworthy
ineffective	laughable	unable	useless
inept	not enough	unacceptable	worthless

Fatigued–Tired

beat	drained	sleepy	weary
below par	exhausted	sluggish	wiped out
done for	pooped	under the weather	worn out
done in	run down	washed out	

Apathetic–Indifferent

bored	lethargic	lukewarm	unconcerned
dispirited	listless	resigned	uninterested

Confused–Puzzled

baffled	bewildered	muddled	perplexed
befuddled	mixed up	mystified	tangled

Ambivalent–Conflicted

at odds	mixed	torn	undecided
indecisive	of two minds	uncertain	unsure

Hurt–Betrayed

belittled	crushed	judged	pained
blamed	disappointed	let down	put down
cheated	forsaken	mistreated	victimized
criticized	injured	overlooked	wounded

Obstinate–Immovable

inflexible	intractable	unmoving	willful

Obsessive–Compulsive

fixated	possessed	preoccupied	stuck in a rut

Lonely–Unloved

abandoned	desolate	homesick	overlooked
alienated	disliked	ignored	rejected
alone	distant	in the way	uncared for
apart	excluded	isolated	unpopular
cut off	forlorn	left out	unwanted
deserted	friendless	neglected	unwelcome

Abused–Bullied

battered	hurt	intruded upon	overpowered
controlled	ill-treated	maltreated	pushed around
dominated	injured	mistreated	put upon
exploited	intimidated	molested	used

Jealous–Envious

bitter	covetous	desirous	green with envy

Mistrustful–Suspicious

cautious	hesitant	paranoid	wary
guarded	inhibited	reluctant	