

SAD - Internal Fear (Bad)		MAD - External Fear (Anger)		RAD - Internal Love (Power)		GLAD - External Love (Joy)	
Mild Fear	Intense Fear	Mild Anger	Intense Anger	Calm Power	Intense Power	Calm Joy	Intense Joy
Anxious	Afraid	Disturbed	Angry	Abundant	Courageous	Appreciative	Alive
Apathetic	Betrayed	Agitated	Bitter	Appreciated	Adventurous	Affectionate	Amazed
Apprehensive	Dejected	Annoyed	Disdain	Capable	Brave	Caring	Upbeat
Disconnected	Depressed	Cranky	Disgruntled	Competent	Daring	Curious	Blissful
Embarrassed	Desperate	Cynical	Enraged	Confident	Determined	Empathetic	Compassionate
Empty	Dismayed	Disappointed	Exasperated	Flexible	Powerful	Engaged	Delighted
Grief	Distressed	Disconcerted	Furious	Free	Strong	Present	Eager
Humiliated	Frantic	Bummed	Hateful	Worthy	Unstoppable	Interested	Ecstatic
Inhibited	Frightened	Envious	Hostile	Valued	Awesome	Intrigued	Enchanted
Isolated	Guilty	Frustrated	Livid	Centered	Victorious	Involved	Energized
Nervous	Panicked	Impatient	Pissed Off	Present	Indomitable	Peaceful	Enthusiastic
Reluctant	Paralyzed	Jealous	Resentful	Safe	Fearless	Relaxed	Euphoric
Self-Conscious	Paranoid	On Edge	Upset	Fulfilled	Undaunted	Serene	Free Spirited
Worried	Rattled	Rigid	Irate	Qualified	Bold	Warm	Invigorated
Suspicious	Rejected	Tired	Vehement	Comfortable	Uninhibited	Renewed	Passionate
Timid	Scared	Indignant	Infuriated	Complete	Tenacious	Stimulated	Rejuvenated
Troubled	Shaken	Offended	Boiling	Equal	Dynamic	Fulfilled	Thrilled
Uncertain	Shocked	Uptight	Vicious	Satisfied	Compelling	Inspired	Vibrant
Uneasy	Terrified	Disheartend	Violent	Sufficient	Influential	Cheerful	Excited
Unsafe	Worthless	Frenetic	Unglued	Secure	Sovereign		Elated
Unsettled			Rejected	Trusting			