



EMOTIONAL STATES GUIDE

EFFECTIVE DELIVERY TECHNIQUES

Identify and reflect on your emotions using the broad list of emotional states provided below. There is also space for you to note any additional emotional states you may be experiencing. This list serves as a guide to help you navigate and identify your current emotional state. By engaging in this exploration, you will gain insight into both your present emotions and those you aspire to experience in the near future. Approach this process with gentleness, patience, and self-compassion, and take a moment to express gratitude for the journey you are undertaking.



EMOTIONAL STATES TABLE

Please use this space to record any additional emotional states.	Emotional State
	Happy Excited Content Joyful Elated Proud Grateful Hopeful Satisfied Inspired Energized Enthusiastic Relieved Optimistic

EMOTIONAL STATES TABLE

Please use this space to record any additional emotional states.	Emotional State
	Calm Relaxed Indifferent Complacent Detached Disconnected Stable Passive Unconcerned

EMOTIONAL STATES TABLE

Please use this space to record any additional emotional states.	Emotional State
	Sad Anxious Angry Frustrated Overwhelmed Upset Stressed Depressed Lonely Disappointed Guilty Insecure Resentful Hopeless Confused Annoyed Bored Irritated

EMOTIONAL STATES TABLE

Please use this space to record any additional emotional states.	Emotional State
	Conflicted Ambivalent Torn Unsure Hesitant Frustrated yet hopeful

SEEK GUIDANCE AND SUPPORT IF NEEDED:

Reach out for support if needed and remember that you are not alone in this journey.

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