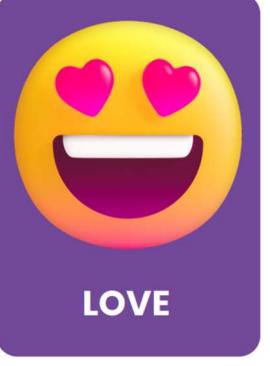


Emotions and their associated thoughts, body reactions and resulting behaviours.

Emotion	Thoughts	Body reaction	Behaviours
 ANGRY	Annoyed Irritated Cross Furious Enraged		
 ANXIOUS	Fearful Frightened Worried Uneasy Nervous		
 DEPRESSED	Low Demoralised		

Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
 HAPPY	Joyful Cheerful		
 LOVE	Adore Passion Like a lot		
 SILLY	Funny Laughing Comedy Fun		

Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
 DISAPPOINTED	Let down Upset Sad		
 EXHAUSTED	Tired Knackered Shattered Drained		
 SHOCKED	Surprised Stunned Dazed Shaken		

Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
 SICK	III Unwell Poorly		
 SATISFIED	Pleased Fulfilled Contented		