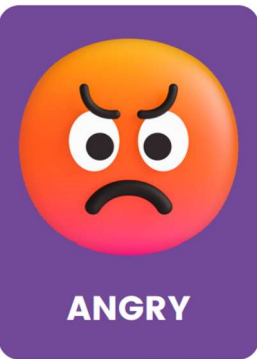
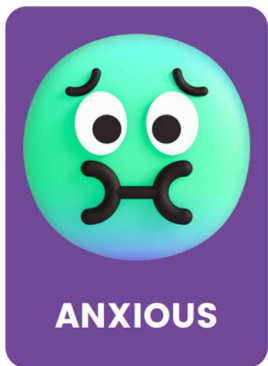


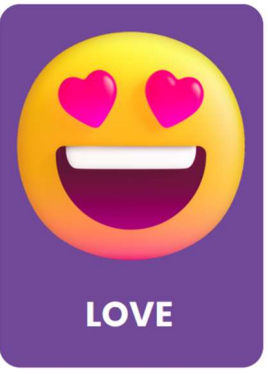






Emotions and their associated thoughts, body reactions and resulting behaviours.

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

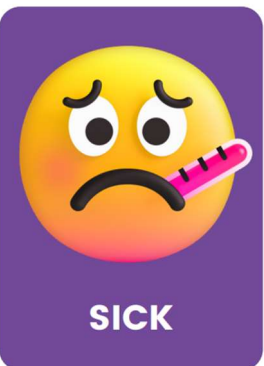

## Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
 <p><b>HAPPY</b></p>	Joyful Cheerful		
 <p><b>LOVE</b></p>	Adore Passion Like a lot		
 <p><b>SILLY</b></p>	Funny Laughing Comedy Fun		

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

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

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

Emotion	Thoughts	Body reaction	Behaviours
 <p><b>SICK</b></p>	<p>Ill Unwell Poorly</p>		
 <p><b>SATISFIED</b></p>	<p>Pleased Fulfilled Contented</p>		