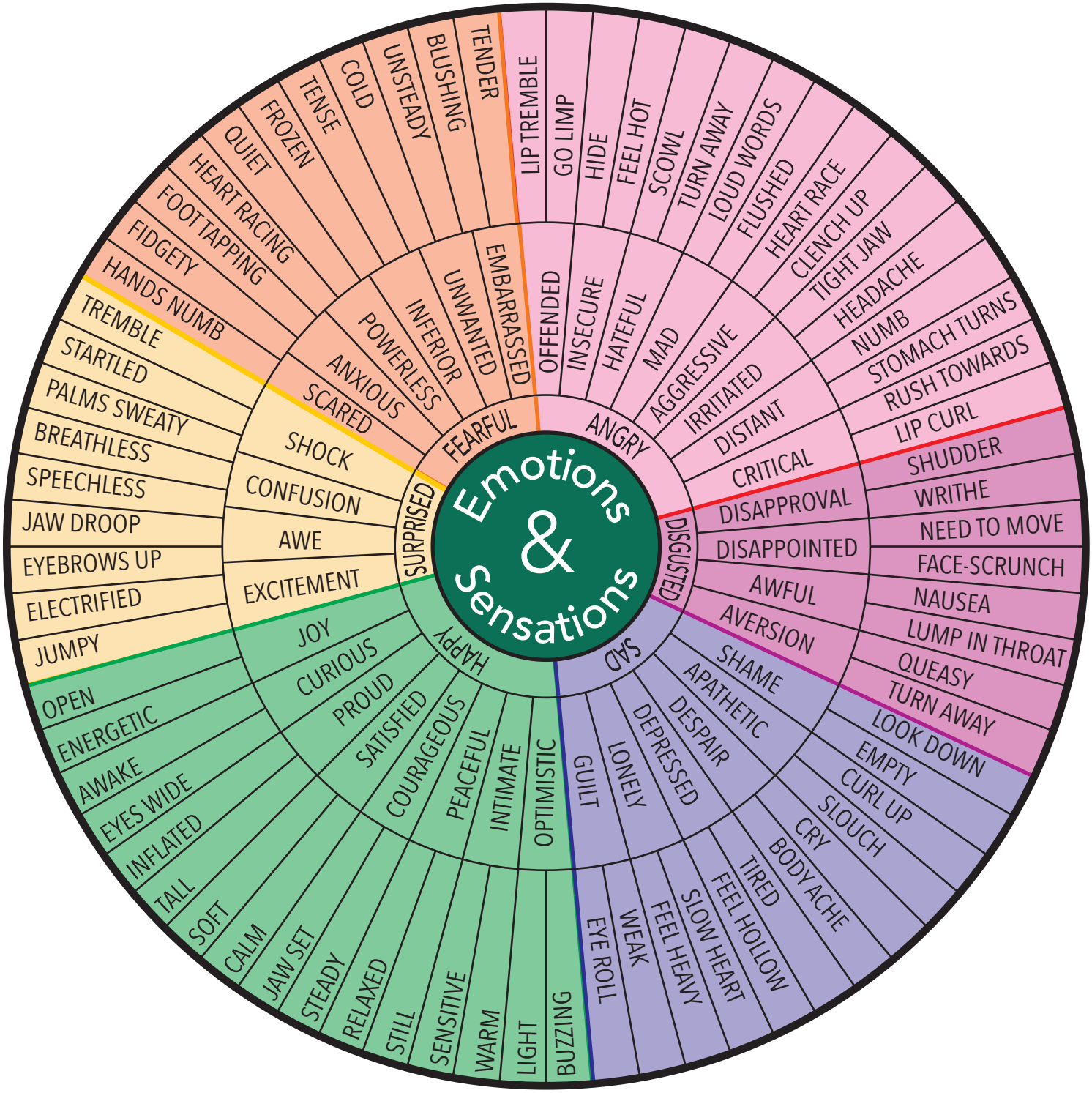
Emotions & Sensations
FEARFUL
ANGRY
DISGUSTED
SAD
HAPPY
SURPRISED
TENDER
BLUSHING
UNSTEADY
COLD
TENSE
FROZEN
QUIET
HEART RACING
FOOT TAPPING
FIDGETY
HANDS NUMB
EMBARRASSED
UNWANTED
INFERIOR
POWERLESS
ANXIOUS
SCARED
LIP TREMBLE
GO LIMP
HIDE
FEEL HOT
SCOWL
TURN AWAY
LOUD WORDS
FLUSHED
HEART RACE
CLENCH UP
TIGHT JAW
HEADACHE
NUMB
STOMACH TURNS
RUSH TOWARDS
LIP CURL
OFFENDED
INSECURE
HATEFUL
MAD
AGGRESSIVE
IRRITATED
DISTANT
CRITICAL
SHUDDER
WRITHE
NEED TO MOVE
FACE-SCRUNCH
NAUSEA
LUMP IN THROAT
QUEASY
TURN AWAY
LOOK DOWN
EMPTY
CURL UP
SLOUCH
CRY
BODYACHE
TIRED
FEEL HOLLOW
SLOW HEART
FEEL HEAVY
WEAK
EYE ROLL
DISAPPROVAL
DISAPPOINTED
AWFUL
AVERSION
SHAME
APATHETIC
DESPAIR
DEPRESSED
LONELY
GUILT
SHOCK
CONFUSION
AWE
EXCITEMENT
TREMBLE
STARTLED
PALMS SWEATY
BREATHLESS
SPEECHLESS
JAW DROOP
EYEBROWS UP
ELECTRIFIED
JUMPY
JOY
CURIOUS
PROUD
SATISFIED
COURAGEOUS
PEACEFUL
INTIMATE
OPTIMISTIC
OPEN
ENERGETIC
AWAKE
EYES WIDE
INFLATED
TALL
SOFT
CALM
JAW SET
STEADY
RELAXED
STILL
SENSITIVE
WARM
LIGHT
BUZZING