**LINKING EMOTIONS**

**TASK 2**

1. Sadness – I feel sad
2. Excitement – I feel excited
3. Relief – I feel relieved
4. Shock – I fell shocked
5. Embarrassment - I feel embarrassed
6. Stress – I fell stressed
7. Satisfaction – I fell satisfied
8. Euphoria – I feel euphoric
9. Serenity – I feel serene
10. Hatred – I hate
11. Frustration – I fell frustrated
12. Confusion – I feel confused
13. Boredom – I feel bored
14. Surprise – I feel surprised
15. Fear – I feel scared
16. Happiness – I feel happy
17. Tenderness – I ‘m tender
18. Kindness – I’m kind
19. Melancholy – I miss you
20. Concern – I feel worried
21. Temptation – I tempt
22. Guilt – I feel guilty
23. Delight – I delight
24. Affection – I have affection for you
25. Enthusiasm – I feel enthusiastic
26. Solitude – I feel alone
27. Anger – I’m angry
28. Admiration – I admire you
29. Rage – I’m angry
30. Apprehension - apprehensive

**TASK 3**

* When I'm away from someone I feel sad but above all I feel a lot of melancholy because of the lack, this sense of melancholy then makes me feel a lot of concern for the person I'm away from.
* When someone tells me that there will be a surprise for me I get angry because I want to know immediately what it is, then when I am there to find out I am very excited and as soon as I find out what it is I am very happy and grateful to the person who made me the surprise.
* When a loved one is sad, I become very apprehensive and try to help him in every way. If, thanks to my help, this person feels better, I feel very proud of myself.