

TASK 1-2

1. sadness → I feel sad embarrassed
2. excitement → I feel excited
3. Relief → I feel relieved
4. Shock → I feel shocked
5. Embarrassment → I feel embarrassed
6. Stress → I feel stressed
7. Satisfaction → I feel satisfied
8. Euphoria → I feel euphoric
9. Serenity → I feel serene
10. Hatred → I feel hated
11. Frustration → I feel frustrated
12. Confusion → I feel confused
13. Boredom → I get bored
14. Surprise → I feel surprised
15. Fear → I feel fear
16. Happiness → I feel happy
17. Tenderness → I feel tender
18. Kindness → I feel kind
19. Meekness → I feel meekness
20. Temptation → I feel tempted
21. Concern → I feel concerned
22. Guilt → I feel guilty
23. Delight → I feel delighted
24. Affection → I feel affectionate
25. Enthusiasm → I feel enthusiastic

26. Scared → I feel scared
27. Angry → I feel angry
28. Admiration → I feel admired
29. Rage → I feel enraged
30. Apprehension → I feel apprehensive

TASK 3.

I feel stressed when I have accumulated pending or recent tasks and at the same time confused because I do not know what to do but later I realize that it is better to face everything with a good mood and start doing it.