

EMOTIONAL STATE COMPOSITES TEST KIT (10 vials)
Product Code 8084

This is a kit of ten primary or broad spectrum emotions or states of being. There are thousands of different emotions, so making an emotions test kit was always going to be a challenge. The way in which these countless emotions have been distilled and categorised has been established through kinesiology testing and the study of anthropological and psychological research in this field.

Each of these ten emotional states encompasses many other emotions of varying intensity. The other emotions are listed under the primary emotion.

Positive emotions can be as problematic as negative emotions. People can feel they do not deserve to be happy or that happiness is boring. Some people will have problems with two opposing emotions, for example, happiness and sadness, and vacillate between them, sabotaging themselves when they are happy and when they are unhappy.

It could be argued that there are no completely positive or negative emotional states; emotions are appropriate or inappropriate depending on circumstances and in order to be full human beings we need to be able to experience all the emotions at different times.

EC 01 Anger

Abrasive	Enraged	Irate	Rough
Abhorrent	Exasperated	Irritable	Rude
Abusive	Explosive	Irritated	Ruthless
Acrimonious	Fed-up	Jealous	Sabotaging
Aggressive	Ferocious	Livid	Sadistic
Aggrieved	Fierce	Mad	Sarcastic
Angry	Fiery	Malevolent	Savage
Annoyed	Forceful	Mean	Seething
Antagonistic	Frustrated	Merciless	Severe
Antagonized	Fuming	Murderous	Sharp
Argumentative	Furious	Offended	Simmering
Belligerent	Gruff	On fire	Smouldering
Bitchy	Grumpy	Out of sorts	Spiteful
Bitter	Hard	Outraged	Steely
Boisterous	Harsh	Peevish	Stern
Brutal	Hated	Petulant	Stubborn
Bugged	Heartless	Piqued	Sulky
Bullying	Hostile	Pissed off	Sullen
Burning	Hot-headed	Pissed (American usage)	Unkind
Caustic	Hot-tempered	Pushy	Unrelenting
Chaotic	Impatient	Upset	Up in arms
Choleric	Ill humoured	Pitiless	Resentful
Cranky	Ill tempered	Provoked	Vehement
Cross	Incandescent	Quarrelsome	Vengeful
Cruel	Incensed	Raging	Vicious
Cynical	Indignant	Raving	Violent
Defensive	Inflamed	Rebellious	Wicked
Defiant	Infuriated	Resentful	Wild
Demanding	Inhuman	Resistant	Wilful
Destructive	Insensitive	Revolted	Wrathful
Disgusted	Insulted	Riled	
Displeased	Irascible		

EC 02 Apathy

Alienated	Dead	Doomed	Impassive
Alone	Defeated	Drained	Inattentive
Bored	Depressed	Emotionless	Indifferent
Cold	Demoralised	Empty	Lazy
Cool	Discouraged	Helpless	Listless
Cut off	Disillusioned	Hopeless	Lost

Low
Negative
Numb
Overwhelmed
Passive
Pessimistic
Phlegmatic

Pointless
Powerless
Resigned
Self-defeating
Spaced out
Spacey
Stoned

Stuck
Tired
Unemotional
Unfeeling
Unfocussed
Uninterested
Unmoved

Unresponsive
Useless
Vague
Worthless

EC 03 Bravery

Adventurous
Alert
Alive
Anticipating
Assured
Aware
Bold
Brave
Capable
Centred
Certain
Competent
Confident

Creative
Courageous
Daring
Decisive
Determined
Dynamic
Eager
Enthusiastic
Excited
Exhilarated
Exuberant
Fearless
Flexible

Focussed
Gallant
Heroic
Honourable
Independent
Intrepid
Invincible
Motivated
Optimistic
Plucky
Positive
Purposeful
Resilient

Resolute
Secure
Self-sufficient
Strong
Sure
Tireless
Undaunted
Valiant
Vigorous
Visionary
Willing
Zealous

EC 04 Fear

Afraid
Alarmed
Anxious
Apprehensive
Ashamed
Awed
Baffled
Bashful
Bewildered
Bothered
Careful
Cautious
Clammy
Concerned
Conflicted
Confused
Cowardly
Cowed
Cowering
Cringing
Daunted
Defensive
Degraded
Dismayed
Dissatisfied

Distraught
Distressed
Distrustful
Disturbed
Doubtful
Dread
Edgy
Embarrassed
Evasive
Faint-hearted
Fearful
Foreboding
Frantic
Frightened
Guilty
Hesitant
Horrified
Hot and bothered
Humiliated
Hysterical
Ill at ease
In suspense
In turmoil
Inhibited
Insecure

Intimidated
Irrational
Miserable
Mixed-up
Nervous
Neurotic
On edge
On tenterhooks
Over-wrought
Panicky
Panic-stricken
Paralysed
Paranoid
Perplexed
Perturbed
Petrified
Phobic
Puzzled
Reluctant
Restless
Scared
Shaky
Shocked
Shy
Skulking

Soft
Stressed
Sullen
Superstitious
Suspicious
Tense
Terrified
Threatened
Timid
Tormented
Torn
Trapped
Trembling
Troubled
Uncertain
Uncomfortable
Uneasy
Upset
Vulnerable
Wary
Weak
Worried
Yellow

EC 05 Happiness

Affable
Agreeable

Alert
Alive

Amiable
Amused

Animated
Anticipating

Appreciated	Enthusiastic	Joyful	Pleasant
Blessed	Excited	Joyous	Pleased
Blissful	Exhilarated	Jubilant	Radiant
Blithe	Exuberant	Kind	Rapt
Carefree	Floating on air	Kindly	Relieved
Charming	Full of life	Laughing	Satisfied
Cheerful	Gay	Light-hearted	Sparkling
Comfortable	Glad	Lively	Sunny
Congenial	Glowing	Merry	Sure
Content	Good-humoured	Nonchalant	Sweet
Contented	Good-natured	On cloud nine	Sweet-tempered
Delighted	Gratified	Optimistic	Thrilled
Eager	Happy	Overjoyed	Vibrant
Ecstatic	Happy-go-lucky	Over the moon	Vital
Elated	Hopeful	Patient	Vivacious
Encouraged	Jolly	Playful	Worthy

EC 06 Love

Accepted	Cherished	Gentle	Nurtured
Accepting	Cherishing	Helpful	Nurturing
Adored	Comforted	Included	Obsessed
Adoring	Compassionate	Including	Respected
Affectionate	Connected	Intimate	Savoured
Appreciated	Consoled	Light-hearted	Smitten
Aroused	Consoling	Liked	Sociable
Blessed	Doting	Lovable	Tender
Blissful	Embraced	Loved	Warm
Cared for	Enchanted	Lovely	Welcoming
Caressed	Esteemed	Loving	
Caring	Friendly	Needed	

EC 07 Lust

Ardent	Gluttonous	Miserly	Scheming
Carnal	Greedy	Obsessed	Selfish
Compulsive	Hungry	Over indulgent	Sensual
Craving	Impatient	Passionate	Sexy
Demanding	Lascivious	Possessive	Voracious
Desiring	Lecherous	Predatory	Wanton
Driven	Libidinous	Pushy	Wicked
Envious	Licentious	Randy	
Fixated	Lustful	Raunchy	
Frustrated	Manipulative	Reckless	

EC 08 Peace

Abundant	Beautiful	Easy	Placid
Accepted	Benevolent	Easy-going	Quiet
Amicable	Benign	Harmonious	Relaxed
Appreciative	Blissful	Intuitive	Restful
At ease	Blithe	Light	Serene
At peace	Calm	Mellow	Still
Balanced	Carefree	Peaceful	Tranquil

Undisturbed

Unruffled

Untroubled

EC 09 Pride

Aloof
Arrogant
Bigoted
Boastful
Clever
Closed
Complacent
Conceited
Contemptuous
Critical
Disdainful
Dogmatic

Egotistical
Gloating
Haughty
Hypocritical
Icy
Imperious
Inflexible
Isolated
Judgemental
Narrow-minded
Opinionated
Overbearing

Patronising
Pious
Prejudiced
Proud
Righteous
Rigid
Self-important
Self-respecting
Self-satisfied
Selfish
Smug
Snobbish

Snooty
Special
Stoical
Stubborn
Stuck up
Supercilious
Superior
Uncompromising
Unfeeling
Unforgiving
Unyielding
Vain

EC 10 Sadness

Abandoned
Abject
Abused
Anguished
Upset
Apologetic
Bad
Bereaved
Betrayed
Bleak
Blue
Broken hearted
Burdened
Cheated
Dark
Defeated
Dejected
Desolate
Despairing
Desperate
Despondent
Disappointed
Disconsolate
Discontented
Discounted
Discouraged
Disgruntled
Disheartened
Distraught
Dismal
Dispirited
Displeased
Dissatisfied

Doleful
Down
Downcast
Downhearted
Forlorn
Gloomy
Glum
Grey
Grief-stricken
Grieving
Grim
Guilty
Heart broken
Heavy
Heavy-hearted
Hurt
In despair
In the dumps
Inadequate
Inconsolable
Inept
Insignificant
Introverted
Joyless
Left out
Lonely
Longing
Martyred
Regretful
Melancholic
Miserable
Morose
Mournful

Needy
Oppressed
Pathetic
Pensive
Pessimistic
Pitiable
Pitiful
Regret
Rejected
Remorseful
Sad
Sombre
Sorrowful
Sorry
Stuck
Suicidal
Tearful
Tormented
Tortured
Undeserving
Unfortunate
Unhappy
Unloved
Unpleasant
Unsmiling
Unwanted
Upset
Vulnerable
Wistful
Woebegone
Wounded
Wretched

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