

# What are you feeling right now?



Frustration



Pride



Joy



Confidence



Anger



Courage



Optimism



Impatience



Enthusiasm



Discouragement



Calm



Excitement



Shame



Disgust



Embarrassment



Surprise



Astonishment



Rejection



Sadness



Peur



Uncertainty



Disappointment



Worry



Panic



It's also possible that you're experiencing several emotions and feelings all at once!



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