

**Personality and Emotion Adjectives**

**Choose one of the words from the list below to finish each definition. Check the box next to the word after you use it.**

panicky	self-assured	serene	open-minded	empathetic
supportive	bitter	complacent	accepting	mindful
grouchy	optimistic	cynical	skeptical	jaded
overwhelmed	resilient	distraught	sanguine	critically self-reflective

1. A \_\_\_\_\_ person is somebody who is able to withstand or recover quickly from difficult conditions.
2. A \_\_\_\_\_ person is somebody who is deeply upset or agitated.
3. A \_\_\_\_\_ person is somebody who is inundated with emotions that are too strong for them to manage.
4. A \_\_\_\_\_ person is somebody who is lacking enthusiasm after experiencing too much negativity surrounding them.
5. A \_\_\_\_\_ person is somebody who stays positive in an apparently bad situation.
6. A \_\_\_\_\_ person is somebody who isn't easily convinced and has doubts about things.
7. A \_\_\_\_\_ person is somebody who believes that people are motivated by self-interest and they are distrustful of human sincerity or integrity.
8. An \_\_\_\_\_ person is somebody who is hopeful and confident about the future.
9. A \_\_\_\_\_ person is somebody who has a smug or uncritical satisfaction with their own achievements.
10. A \_\_\_\_\_ person is somebody who is angry, hurt, or resentful because of bad experiences or a sense of unjust treatment from the world.
11. A \_\_\_\_\_ person is somebody who provides encouragement or emotional help.
12. An \_\_\_\_\_ person is somebody who understands and shares the feelings of others, kind of like walking in their shoes.
13. A \_\_\_\_\_ person is somebody who is calm, peaceful, untroubled and tranquil.
14. A \_\_\_\_\_ person is somebody who is highly confident in their own abilities, talent and/or character.
15. A \_\_\_\_\_ person is somebody who has feelings characterized by uncontrollable fear or anxiety, usually due to time running out as they try to deal with their problem.
16. A \_\_\_\_\_ person is somebody who is irritable, bad-tempered, grumpy and complaining.

17. A \_\_\_\_\_ person is somebody who looks inside themselves and considers their mistakes and what they could have done better to get a more-desired result.
18. A \_\_\_\_\_ person is somebody who consciously focuses their awareness on the present moment, especially as part of a therapeutic or meditative strategy.
19. A \_\_\_\_\_ person is somebody who is tolerant of or submissive to something unpleasant or undesired.
20. An \_\_\_\_\_ person is somebody who is non-judgmental, unprejudiced and willing to consider new ideas.