BIG Feelings

Defining Surprise

SURPRISE

A sudden feeling caused by something unexpected or unusual

Awestruck
Overwhelmed with deep wonder or reverence, often in response to something vast, powerful, or extraordinary

Shocked
A sudden, intense reaction of disbelief or alarm, often in response to something extreme or jarring that emotionally or mentally overwhelms

Amazed
Surprise and admiration at something impressive, unusual, or exciting

Astonished
A strong sense of disbelief or wonder caused by something unexpected

Startled
A brief, involuntary reaction of surprise or fear, triggered by a sudden physical stimulus like a loud noise or unexpected movement

Dismayed
A feeling of distress or disappointment caused by something unexpected, unsettling, or discouraging

Confused
A state of uncertainty or lack of clarity about something

Moved
Deeply emotional or inspired by something meaningful or profound

Dazzled
Overwhelmed or captivated by brilliance, beauty, or extravagance

Perplexed
Deeply puzzled or unsure about something unclear or complex

Disillusioned
Disappointed after realizing something was not as good as expected or failed to meet idealistic expectations

Eager
Excited and enthusiastic about something you're looking forward to

Stimulated
Mentally or physically energized or activated by something new, exciting, or thought-provoking

Touched
A gentle emotional reaction, often evoked by kindness or sentimentality

Energized
Full of vitality and motivation, often driven by excitement or physical activity

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