

EXPRESSING EMOTIONS

CONFUSION

Adjectives



Doubtful
Uncertain
Indecisive
Perplexed
Hesitant
Unsure
Disoriented
Overwhelmed
Trapped
Terrified
Suspicious
Anxious
Alarmed
Threatened
Insecure

Expressions

Clear as mud
Lost the thread
Head-scratching
The fog of war
Hot mess
Identity crisis
Mess around
Go around in circles
Organised chaos
Don't mess with my head

