

# LIST OF FEELINGS

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## Pleasant/Positive Feelings

Alive	Playful	At ease	Comfortable
Amazed	Pleased	Courageous	Free
Calm	Confident	Understanding	Peaceful
Considerate	Affectionate	Sensitive	concerned
Delighted	Encouraged	Good	Sympathetic
Energetic	Liberated	Optimistic	Fortunate
Happy	Great	Joyful	Wonderful
Interested	Surprised	Satisfied	Content
Intrigued	Inspired	Passionate	Brave
Receptive	Important	Glad	Cheerful
Strong	Certain	Affected	Eager
Sure	Fascinated	Absorbed	Devoted
Thankful	Blessed	Calm	Excited
Thrilled	Cheerful	Reassured	Loved
Thrilled	Ecstatic	Certain	Relaxed
Touched	Secure	Hopeful	Expectant

## Unpleasant/Negative Feelings

Angry	Depressed	Helpless	Confused
Alone	Irritated	Enraged	Upset
Alone	Disappointed	Incapable	Isolated
discouraged	uncertain	fatigued	annoyed
ashamed	indecisive	useless	indifferent
powerless	perplexed	inferior	hateful
diminished	embarrassed	forced	unpleasant
miserable	Afraid	hesitant	hurt
detestable	disillusioned	despair	bitter
abandoned	unbelieving	frustrated	aggressive
despicable	skeptical	distressed	resentful
disgusting	distrustful	Insensitive	inflamed
Sad	crushed	pathetic	provoked
terrible	lost	Tearful	Terrified
in despair	unsure	Pained	infuriated
Neutral	uneasy	dominated	Anxious
bad	pessimistic	Suspicious	anguish
a sense of loss	tense	Wearry	Nervous
Worried	Restless	Offended	Lonely
Unhappy	Victimized	Desperate	Rejected
Cold	Heartbroken	Dismayed	Threatened
Humiliated	Alienated		