

FEELINGS List

"I FEEL..."

disgusted

Annoyed
Ashamed
Betrayed
Defective
Embarrassed
Guilty
Hated
Humiliated
Ignored
Jealous
Restless
Stupid
Terrible
Ugly
Unaccepted

fear

Afraid
Anxious
Confused
Frantic
Helpless
Horrified
Insecure
Intimidated
Panicked
Pressured
Threatened
Trapped
Uncomfortable
Useless
Vulnerable

mad

Angry
Bitter
Crushed
Defensive
Frustrated
Furious
Impatient
Isolated
Mean
Offended
Selfish
Tense
Used
Violated
Violent

hurt

Aching
Agonized
Crushed
Dejected
Deprived
Heartbroken
Humiliated
Injured
Offended
Pained
Rejected
Tormented
Tortured
Victimized
Wronged

surprised

Astonished
Brave
Bold
Delighted
Energetic
Excited
Impressed
Passionate
Playful
Replenished
Rushed
Sexy
Splendid
Shocked
Stunned

sad

Alone
Homesick
Lazy
Lonely
Depressed
Different
Empty
Neglected
Numb
Overwhelmed
Rejected
Remorseful
Heartbroken
Unloved
Weak

neutral

Bored
Cold
Confused
Disinterested
Dull
Grief-Stricken
Inadequate
Indifferent
Insensitive
Lifeless
Nonchalant
Preoccupied
Reserved
Solemn
Weary

positive

Calm
Capable
Confident
Determined
Fascinated
Free
Full
Inspired
Kind
Nutty
Peaceful
Powerful
Pretty
Relieved
Wise

happy

Appreciated
Beautiful
Excited
Grateful
Glad
Hopeful
Joyful
Loved
Nice
Optimistic
Proud
Relaxed
Satisfied
Tender
Thankful