

## LIST OF FEELING WORDS

### PLEASANT FEELINGS

#### OPEN

understanding  
confident  
reliable  
easy  
amazed  
free  
sympathetic  
interested  
satisfied  
receptive  
accepting  
kind

#### HAPPY

great  
gay  
joyous  
lucky  
fortunate  
delighted  
overjoyed  
gleeful  
thankful  
important  
festive  
ecstatic  
satisfied  
glad  
cheerful  
sunny  
merry  
elated  
jubilant

#### ALIVE

playful  
courageous  
energetic  
liberated  
optimistic  
provocative  
impulsive  
free  
frisky  
animated  
spirited  
thrilled  
wonderful

#### GOOD

calm  
peaceful  
at ease  
comfortable  
pleased  
encouraged  
clever  
surprised  
content  
quiet  
certain  
relaxed  
serene  
free & easy  
bright  
blessed  
reassured

#### LOVE

loving  
considerate  
affectionate  
sensitive  
tender  
devoted  
attracted  
passionate  
admiration  
warm  
touched  
sympathy  
close  
loved  
comforted  
drawn towards

#### INTERESTED

concerned  
affected  
fascinated  
intrigued  
absorbed  
inquisitive  
nosy  
snoopy  
engrossed  
curious

#### POSITIVE

eager  
keen  
earnest  
intent  
anxious  
inspired  
determined  
excited  
enthusiastic  
bold  
brave  
daring  
challenged  
optimistic  
re-enforced  
confident  
hopeful

#### STRONG

impulsive  
free  
sure  
certain  
rebellious  
unique  
dynamic  
tenacious  
hardy  
secure

DIFFICULT/UNPLEASANT FEELINGS

ANGRY

irritated  
enraged  
hostile  
insulting  
sore  
annoyed  
upset  
hateful  
unpleasant  
offensive  
bitter  
aggressive  
resentful  
inflamed  
provoked  
incensed  
infuriated  
cross  
worked up  
boiling  
fuming  
indignant

INDIFFERENT

insensitive  
dull  
nonchalant  
neutral  
reserved  
weary  
bored  
preoccupied  
cold  
disinterested  
lifeless

DEPRESSED

lousy  
disappointed  
discouraged  
ashamed  
powerless  
diminished  
guilty  
dissatisfied  
miserable  
detestable  
repugnant  
despicable  
disgusting  
abominable  
terrible  
in despair  
sulky  
bad  
a sense of loss

AFRAID

fearful  
terrified  
suspicious  
anxious  
alarmed  
panic  
nervous  
scared  
worried  
frightened  
timid  
shaky  
restless  
doubtful  
threatened  
cowardly  
quaking  
menaced  
wary

CONFUSED

upset  
doubtful  
uncertain  
indecisive  
perplexed  
embarrassed  
hesitant  
shy  
stupefied  
disillusioned  
unbelieving  
skeptical  
distrustful  
misgiving  
lost  
unsure  
uneasy  
pessimistic  
tense

HURT

crushed  
tormented  
deprived  
pained  
tortured  
dejected  
rejected  
injured  
offended  
afflicted  
aching  
victimized  
heartbroken  
agonized  
appalled  
humiliated  
wronged  
alienated

HELPLESS

incapable  
alone  
paralyzed  
fatigued  
useless  
inferior  
vulnerable  
empty  
forced  
hesitant  
despair  
frustrated  
distressed  
woeful  
pathetic  
tragic  
in a stew  
dominated

SAD

tearful  
sorrowful  
pained  
grief  
anguish  
desolate  
desperate  
pessimistic  
unhappy  
lonely  
grieved  
mournful  
dismayed