



Feelings List

SAD

Apathetic
Ashamed
Depressed
Disappointed
Discouraged
Disheartened
Embarrassed
Helpless
Hurt
Lonely
Numb

GLAD

Absorbed
Delighted
Eager
Encouraged
Happy
Hopeful
Inspired
Joyous
Proud
Loving
Relieved
Thrilled

MAD

Agitated
Angry
Annoyed
Disgusted
Enraged
Frustrated
Furious
Impatient
Irritated
Resentful

TIRED

Burned Out
Depressed
Distracted
Exhausted
Fatigued
Hopeless
Indifferent
Lethargic
Restless
Weary

WORRIED

Alarmed
Afraid
Anxious
Concerned
Distressed
Disturbed
Guilty
Hesitant
Jealous
Nervous
Overwhelmed

CONFUSED

Cautious
Doubtful
Hesitant
Puzzled
Rattled
Reluctant
Torn
Troubled
Uncomfortable
Unsettled
Unsure

CALM

Absorbed
Blissful
Carefree
Comfortable
Confident
Fulfilled
Peaceful
Relaxed
Secure
Serene

FRIENDLY

Affectionate
Appreciative
Good-humored
Grateful
Open
Receptive
Sensitive
Social
Tender
Trusting
Warm
Welcoming

EXCITED

Amazed
Curious
Energetic
Engaged
Exhilarated
Fascinated
Interested
Intrigued
Invigorated
Optimistic
Passionate

Panicky
Pessimistic
Sensitive
Scared
Shocked
Suspicious
Tense
Terrified
Wary