

FEELINGS LIST

Abrupt	Bad	Confident	Disgusted
Absorbed	Balanced	Confounded	Disheartened
Accepting	Beaming	Connected	Dishonest
Aching	Beautiful	Conscientious	Disillusioned
Achy	Belittled	Considerate	Dismayed
Active	Bitter	Constructive	Disoriented
Adaptable	Blessed	Content	Disrespectful
Adequate	Blindsided	Contracted	Disrupted
Admitting	Blocked	Contrary	Dissatisfied
Affectionate	Blunt	Controlling	Distant
Afflicted	Blushing	Cooperative	Distracted
Aggressive	Bold	Courageous	Distraught
Agitated	Bored	Courteous	Distressed
Agonized	Bossy	Cowardly	Distrustful
Agoraphobic	Brave	Crabby	Disturbed
Alarmed	Bright	Cranky	Doomed
Allowing	Brutal	Craving	Doubtful
Alone	Bulldozed	Creative	Down
Amazed	Bullied	Critical	Downhearted
Amused	Bummed out	Cross	Drawn
Anguished	Burdened	Crushed	Dreadful
Animated	Calm	Crying	Dull
Annoyed	Carefree	Curious	Dynamic
Antagonistic	Caring	Cut off	Eager
Anxious	Centered	Daring	Earnest
Appalled	Certain	Defensive	Easy
Appreciative	Cheerful	Dejected	Easygoing
Apprehensive	Cheerless	Delighted	Ecstatic
Approachable	Child-like	Demanding	Efficient
Approving	Clear	Deprived	Elated
Argumentative	Close	Desolate	Embarrassed
Ashamed	Closed	Despairing	Embracing
Assured	Cold	Desperate	Empathetic
At ease	Combative	Despicable	Empty
Attached	Comfortable	Despondent	Encouraged
Attacked	Communicative	Devastated	Energetic
Attacking	Comparing	Devoted	Energized
Attentive	Compassionate	Diminished	Engrossed
Attracted	Complaining	Dirty	Enjoying
Authentic	Complete	Disappointed	Enraged
Authoritative	Composed	Disconnected	Enthusiastic
Avoiding	Compulsive	Discontented	Envious
Aware	Condemning	Discouraged	Equal
Awkward	Condescending	Disdainful	Euphoric

Exasperated
Excellent
Excited
Exhilarated
Expansive
Exuberant
Fake
Fascinated
Fatigued
Faultfinding
Fearful
Festive
Fidgety
Fine
Flexible
Flowing
Fluid
Focused
Forgiving
Fragile
Free
Frenzied
Friendly
Frightened
Frisky
Frowning
Frustrated
Fulfilled
Fun loving
Funny
Furious
Gentle
Genuine
Giving
Glad
Glaring
Gleeful
Gloomy
Glorious
Glowing
Glum
Good
Graceful
Gracious
Grateful
Gratified
Great

Grieved
Groaning
Grouchy
Grounded
Grumpy
Guarded
Guilty
Haggard
Happy go lucky
Hard
Hardy
Harmonious
Hateful
Healthy
Heartbroken
Helpful
Hesitant
Hitting
Honest
Honored
Honoring
Hopeful
Hopeless
Hostile
Hotheaded
Humble
Humiliated
Humor
Hungry
Hurtful
Immobile
Impatient
In good spirits
In heaven
In hell
In the zone
Incapable
Incapacitated
Incensed
Incompetent
Indecisive
Indignant
Inept
Inferior
Infuriated
Inhibited
Injured

Innocent
Inquisitive
Insecure
Insensitive
Inspired
Insulted
Insulting
Intelligent
Intent
Interested
Intimidated
Intolerant
Intrigued
Invaded
Involved
Irate
Irritated
Jealous
Jittery
Jovial
Joyous
Jubilant
Judgmental
Keene
Kind
Kindly
Laughing
Liberated
Lifeless
Light
Lighthearted
Listening
Lonely
Lost
Loud
Lousy
Loved
Low
Mad
Malicious
Manipulative
Masochistic
Mature
Mean
Meanspirited
Meditative
Mellow

Menaced
Miffed
Miserable
Misgiving
Moaning
Moody
Morose
Motivated
Mournful
Natural
Nauseated
Negative
Neglectful
Nervous
No energy
Non controlling
Nonjudgmental
Observant
Obsessive
Off
Offended
Offensive
Off kilter
OK
On top of the world
Open minded
Optimistic
Out of sorts
Outgoing
Overbearing
Overjoyed
Oversensitive
Overwhelmed
Pained
Panicked
Paralyzed
Paranoid
Passionate
Pathetic
Patient
Perplexed
Perseverant
Pessimistic
Petrified
Phobic
Phony
Placid

Playful
Pleased
Poisonous
Powerless
Prejudiced
Preoccupied
Present
Privileged
Productive
Punishing
Pushy
Quarrelsome
Quiet
Radiant
Ranting
Rapturous
Reactive
Rebellious
Receptive
Recoiling
Reflective
Rejected
Relaxed
Reliable
Remorseful
Reprimanding
Repulsed
Resentful
Reserved
Resistant
Resourceful
Respectful
Responsible
Responsive
Rested
Restless
Retaliating
Revengeful
Rigid
Robotic
Rotten
Rude
Sadistic
Sane
Sarcastic
Satisfied
Scared

Scolding
Scornful
Screaming
Secretive
Secure
Seething
Self castigating
Self absorbed
Self affirming
Self conscious
Self critical
Self denigrating
Self deprecating
Self hating
Self sufficient
Sensitive
Serene
Serious
Shaky
Shallow
Sharing
Sharp
Short tempered
Shrill
Shut down
Shy
Sick
Sincere
Slighted
Slouching
Slow
Sluggish
Slumped
Smiling
Smothered
Solid
Sorrowful
Sour
Spirited
Spiteful
Spontaneous
Spunky
Squirming
Stable
Steady
Stem
Stiff

Still
Stilted
Stonewalling
Stony
Stressed
Stubborn
Stuck
Stuck
Suffering
Sulky
Sullen
Sunny
Superior
Supported
Supportive
Sure
Surprised
Suspicious
Swearing
Sweet
Sympathetic
Tactless
Taut
Tearful
Tenacious
Tender
Tense
Terrible
Terrified
Territorial
Thankful
Thoughtful
Threatened
Thrilled
Ticked off
Tickled
Tight
Timid
Tired
Tolerant
Tormented
Tortured
Touched
Touchy
Trapped
Trembling
Troubled

Trusting
Truthful
Twitching
Unassuming
Unbending
Unburdened
Uncaring
Uncertain
Uncomfortable
Understanding
Uneasy
Unfair
Unhappy
Unhurried
Uninterested
Unique
Unpleasant
Unresponsive
Unsure
Unwelcoming
Unworthy
Upbeat
Uplifted
Upset
Uptight
Useless
Venomous
Victimized
Vigorous
Vindictive
Violent
Vulnerable
Waiting
Warm
Wary
Weary
Welcoming
Withdrawn
Wonderful
Woozy
Worldly
Worried
Wronged
Yelling
Youthful