

FEELINGS/EMOTIONS

ANNOYED

bitter
edgy
exasperated
frustrated
grumpy
impatient
irritable
irked

ANGRY

agitated
enraged
exasperated
furious
irate
outraged
resentful
upset

AVERSION

appalled
contempt
disgusted
dislike
horrified
repulsed

CONFUSED

baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCOMFORT

agitated
alarmed
discombobulated
disturbed
perturbed
rattled
restless
shocked
startled

surprised
troubled
turbulent
uncomfortable
uneasy
unsettled

DISCONNECTED

apathetic
bored
distant

distracted
indifferent
numb

uninterested
withdrawn

EMBARRASSED

ashamed
flustered
guilty
self-conscious

FEARFUL

afraid
apprehensive
anxious
distress
frightened
hesitant
nervous
panicked
paralyzed
petrified
scared
tense
terrified
worried

PAIN

agony
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
despondent
disappointed
discouraged
disheartened
dismayed
gloomy
heavy hearted

hopeless

troubled
unhappy
wretched

STRESSED/

TIRED

burnt out
depleted
exhausted
fatigued
listless
overwhelmed
restless
sleepy
weary
worn out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky
tender

YEARNING

envious
jealous
longing
pining
wishful

AFFECTION

compassionate
friendly
loving
sympathetic
tender
warm

INTERESTED

absorbed
alert
curious
enchanted
engaged
fascinated
intrigued
spellbound
stimulated

GLAD

alive
amazed
amused
awed
encouraged
energetic
enthusiastic
excited
grateful
happy
hopeful
inspired
invigorated
joyful
motivated
optimistic
pleased
thrilled
wonder

GRATEFUL

appreciative
moved
thankful
touched
HOPEFUL
encouraged
expectant
optimistic

PEACEFUL

calm
comfortable
cantered
composed
content
fulfilled
relaxed
relieved
satisfied
RESTED
alert
alive
energized
invigorated
refreshed
rejuvenated
relaxed
renewed
strong

The following words are sometimes confused as feelings when in fact they are perceptions:

abandoned
abused
attacked
betrayed
blamed
cheated
criticized
ignored
intimidated
manipulated
misunderstood
neglected
overworked
patronized
pressured
provoked
rejected
put down
threatened
tricked



BODY SENSATIONS

achy	full	shivery
airy	fuzzy	shuddery
antsy	goose bumpy	sneezy
bloated	hollow	sore
blocked	hot	spazzy
buoyant	heavy	spinning
breathless	icy	squirrely
bubbly	itchy	squirmy
burning	jittery	still
buzzy	jumbled	(like I'm)
chilly	jumpy	suffocating
cold	lax	sweaty
cool	lethargic	teetery
congested	light	tender
constricted	light-headed	tense
clammy	limp	thick
clenched	loose	throbbing
damp	lumpy	tight
dense	mild	tightness of skin
dizzy	nauseous	tingly
drained	numb	trembly
dull	open	tremulous
effervescent	paralyzed	twisted
electric	pounding	twitchy
empty	pressure	unstable
energized	prickly	warm
expansive	puffy	weak
faint	pulsing	wobbly
flaccid	queasy	
flowing	quivery	
fluid	radiant	
flushed	relaxed	
fluttery	scrunchy	
frantic	shaky	
frozen	sharp	

