



FEELINGS LIST

AFFECTIONATE

compassionate, friendly, loving, open hearted, sympathetic, tender, warm

ENGAGED

absorbed, alert, curious, engrossed, enchanted, entranced, fascinated, interested, intrigued, involved, spellbound, stimulated

HOPEFUL

expectant, encouraged, optimistic

CONFIDENT

empowered, open, proud, safe, secure

EXCITED

amazed, animated, ardent, aroused, astonished, dazzled, eager, energetic, enthusiastic, giddy, invigorated, lively, passionate, surprised, vibrant

GRATEFUL

appreciative, moved, thankful, touched

INSPIRED

amazed, awed, wonder

JOYFUL

amused, delighted, glad, happy, jubilant, pleased, tickled

EXHILARATED

blissful, ecstatic, elated, enthralled, exuberant, radiant, rapturous, thrilled

PEACEFUL

calm, clear-headed, comfortable, centred, content, equanimous, fulfilled, mellow, quiet, relaxed, relieved, satisfied, serene, still, tranquil, trusting

REFRESHED

enlivened, rejuvenated, renewed, rested, restored, revived

AFRAID

apprehensive, dread, foreboding, frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried

ANNOYED

aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked

ANGRY

enraged, furious, incensed, indignant, irate, livid, outraged, resentful

AVERSION

animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile, repulsed

CONFUSED

ambivalent, baffled, bewildered, dazed, hesitant, lost, mystified, perplexed, puzzled, torn

DISCONNECTED

alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

DISQUIET

agitated, alarmed, discombobulated, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset

EMBARRASSED

ashamed, chagrined, flustered, guilty, mortified, self-conscious

FATIGUE

beat, burnt, out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn-out

PAIN

agony, anguished, bereaved, devastated, grief, heartbroken, hurt, lonely, miserable, regretful, remorseful

SAD

depressed, dejected, despair, despondent, disappointed, discouraged, disheartened, forlorn, gloomy, heavy-hearted, hopeless, melancholy, unhappy, wretched

TENSE

anxious, cranky, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, restless, stressed, out

VULNERABLE

fragile, guarded, helpless, insecure, leery, reserved, sensitive, shaky

YEARNING

envious, jealous, longing, nostalgic, pining, wistful