

FEELINGS LIST

Abrupt	Bad	Confident	Disheartened	Excited	Grieved
Absorbed	Balanced	Confounded	Dishonest	Exhilarated	Groaning
Accepting	Beaming	Connected	Disillusioned	Expansive	Grouchy
Aching	Beautiful	Conscientious	Dismayed	Exuberant	Grounded
Achy	Belittled	Considerate	Disoriented	Fake	Grumpy
Active	Bitter	Constructive	Disrespectful	Fascinated	Guarded
Adaptable	Blessed	Content	Disrupted	Fatigued	Guilty
Adequate	Blindsided	Contracted	Dissatisfied	Faultfinding	Haggard
Admiring	Blissful	Contrary	Distant	Fearful	Happy go lucky
Affectionate	Blocked	Controlling	Distracted	Festive	Hard
Afflicted	Blunt	Cooperative	Distraught	Fidgety	Hardy
Aggressive	Blushing	Courageous	Distressed	Fine	Harmonious
Agitated	Bold	Courteous	Distrustful	Flexible	Hateful
Agonized	Bored	Cowardly	Disturbed	Flowing	Healthy
Agoraphobic	Bossy	Crabby	Doomed	Fluid	Heartbroken
Alarmed	Brave	Cranky	Doubtful	Focused	Helpful
Alienated	Bright	Craving	Down	Forgiving	Hesitant
Allowing	Brutal	Creative	Downhearted	Fragile	Hitting
Alone	Bulldozed	Critical	Drawn	Free	Honest
Amazed	Bullied	Cross	Dreadful	Frenzied	Honored
Amused	Bummed out	Crushed	Dull	Friendly	Honoring
Anguished	Burdened	Crying	Dynamic	Frightened	Hopeful
Animated	Calm	Curious	Eager	Frisky	Hopeless
Annoyed	Carefree	Cut off	Earnest	Frowning	Hostile
Antagonistic	Caring	Daring	Easy	Frustrated	Hotheaded
Anxious	Centered	Defensive	Easygoing	Fulfilled	Humble
Appalled	Certain	Dejected	Ecstatic	Fun loving	Humiliated
Appreciative	Cheerful	Delighted	Efficient	Funny	Humor
Apprehensive	Cheerless	Demanding	Elated	Furious	Hungry
Approachable	Childlike	Deprived	Embarrassed	Gentle	Hurtful
Approving	Clear	Desolate	Embracing	Genuine	Immobile
Argumentative	Close	Despairing	Empathetic	Giving	Impatient
Ashamed	Closed	Desperate	Empty	Glad	In good spirits
Assured	Cold	Despicable	Encouraged	Glaring	In heaven
At ease	Combative	Despondent	Energetic	Gleeful	In hell
Attached	Comfortable	Devastated	Energized	Gloomy	In the zone
Attacked	Communicative	Devoted	Engrossed	Glorious	Incapable
Attacking	Comparing	Diminished	Enjoying	Glowing	Incapacitated
Attentive	Compassionate	Dirty	Enraged	Glum	Incensed
Attracted	Complaining	Disappointed	Enthusiastic	Good	Incompetent
Authentic	Complete	Disconnected	Envious	Graceful	Indecisive
Authoritative	Composed	Discontented	Equal	Gracious	Indignant
Avoiding	Compulsive	Discouraged	Euphoric	Grateful	Inept
Aware	Condemning	Disdainful	Exasperated	Gratified	Inferior
Awkward	Condescending	Disgusted	Excellent	Great	Infuriated

Inhibited	Miserable	Preoccupied	Self conscious	Supportive	Unsure
Injured	Misgiving	Present	Self critical	Sure	Unwelcoming
Innocent	Moaning	Privileged	Self denigrating	Surprised	Unworthy
Inquisitive	Moody	Productive	Self deprecating	Suspicious	Upbeat
Insecure	Morose	Punishing	Self hating	Swearing	Uplifted
Insensitive	Motivated	Pushy	Self sufficient	Sweet	Upset
Inspired	Mournful	Quarrelsome	Sensitive	Sympathetic	Uptight
Insulted	Natural	Quiet	Serene	Tactless	Useless
Insulting	Nauseated	Radiant	Serious	Taut	Venomous
Intelligent	Negative	Ranting	Shaky	Tearful	Victimized
Intent	Neglectful	Rapturous	Shallow	Tenacious	Vigorous
Interested	Nervous	Reactive	Sharing	Tender	Vindictive
Intimidated	No energy	Rebellious	Sharp	Tense	Violent
Intolerant	Noncontrolling	Receptive	Short tempered	Terrible	Vulnerable
Intrigued	Nonjudgmental	Recoiling	Shrill	Terrified	Waiting
Invaded	Observant	Reflective	Shut down	Territorial	Warm
Involved	Obsessive	Rejected	Shy	Thankful	Wary
Irate	Off	Relaxed	Sick	Thoughtful	Weak
Irritated	Offended	Reliable	Sincere	Threatened	Weary
Jealous	Offensive	Remorseful	Slighted	Thrilled	Welcoming
Jittery	Off kilter	Reprimanding	Slouching	Ticked off	Withdrawn
Jovial	OK	Repulsed	Slow	Tickled	Wonderful
Joyous	On top of the	Resentful	Sluggish	Tight	Woozy
Jubilant	world	Reserved	Slumped	Timid	Worldly
Judgmental	Open minded	Resistant	Smiling	Tired	Worried
Keen	Optimistic	Resourceful	Smothered	Tolerant	Wronged
Kind	Out of sorts	Respectful	Solid	Tormented	Yelling
Kindly	Outgoing	Responsible	Sorrowful	Tortured	Youthful
Laughing	Overbearing	Responsive	Sour	Touched	
Liberated	Overjoyed	Rested	Spirited	Touchy	
Lifeless	Oversensitive	Restless	Spiteful	Trapped	
Light	Overwhelmed	Retaliating	Spontaneous	Trembling	
Lighthearted	Pained	Revengeful	Spunky	Troubled	
Listening	Panicked	Rigid	Squirming	Trusting	
Lonely	Paralyzed	Robotic	Stable	Truthful	
Lost	Paranoid	Rotten	Steady	Twitching	
Loud	Passionate	Rude	Stern	Unassuming	
Lousy	Pathetic	Sadistic	Stiff	Unbending	
Loved	Patient	Sane	Still	Unburdened	
Low	Perplexed	Sarcastic	Stilted	Uncaring	
Mad	Perseverant	Satisfied	Stonewalling	Uncertain	
Malicious	Pessimistic	Scared	Stony	Uncomfortable	
Manipulative	Petrified	Scolding	Stressed	Understanding	
Masochistic	Phobic	Scornful	Stubborn	Uneasy	
Mature	Phony	Screaming	Stuck	Unfair	
Mean	Placid	Secretive	Suffering	Unhappy	
Meanspirited	Playful	Secure	Sulky	Unhurried	
Meditative	Pleased	Seething	Sullen	Uninterested	
Mellow	Poisonous	Self castigating	Sunny	Unique	
Menaced	Powerless	Self absorbed	Superior	Unpleasant	
Miffed	Prejudiced	Self affirming	Supported	Unresponsive	