

# FEELINGS



## AFFECTIONATE

Compassionate  
Friendly  
Loving  
Open hearted  
Sympathetic  
Tender  
Warm

## CONFIDENT

Empowered  
Open  
Proud  
Safe  
Secure

## ENGAGED

Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Entranced  
Fascinated  
Interested  
Intrigued  
Involved  
Spellbound  
Stimulated

## INSPIRED

Amazed  
Awed  
Wonder

## EXCITED

Amazed  
Animated  
Ardent  
Aroused  
Astonished  
Dazzled  
Eager  
Energetic  
Enthusiastic  
Giddy  
Invigorated  
Lively  
Passionate  
Surprised  
Vibrant

## EXHILARATED

Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

## GRATEFUL

Appreciative  
Moved  
Thankful  
Touched

## HOPEFUL

Expectant  
Encouraged  
Optimistic

## JOYFUL

Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled

## 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  
Petrieved  
Scared  
Suspicious  
Terrified  
Wary  
Worried  
Concern

## 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  
Horrorified  
Hostile  
Repulsed

## EMBARRASSED

Ashamed  
Chagrined  
Flustered  
Mortified  
Self-conscious

## CONFUSED

Ambivalent  
Baffled  
Bewildered  
Dazed  
Hesitant  
Lost  
Mystified  
Perplexed  
Puzzled  
Torn

## DISCONNECTED

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Withdrawn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

## 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

## Feelings mixed with thoughts

Anger  
Depression  
Anxiety  
Shame  
Guilt



## 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

## Examples of FAUX feelings

Abandoned  
Abused  
Attacked  
Betrayed  
Bullied  
Intimidated  
Manipulated  
Neglected  
Rejected  
Used