

# FEELINGS LIST

## ACCEPTING

affectionate  
compassion  
devoted  
empathy  
loving  
open hearted  
passionate  
sympathetic  
tender  
warm

## CONFIDENT

bold  
brave  
certain  
courageous  
daring  
determined  
dynamic  
empowered  
fortitude  
hardy  
open  
proud  
rebellious  
safe  
secure  
tenacious  
unique

## JOYFUL

amazed  
cheerful  
delighted  
free  
festive  
glad  
happy  
jubilant  
pleased  
tickled

## EXCITED

animated  
anxious  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
frisky  
giddy  
hopeful  
impulsive  
invigorated  
playful  
spirited  
thrilled

## ELATED

blissful  
ecstatic  
elated  
enthralled  
exhilarated  
exuberant  
gleeful  
joyous  
overjoyed  
radiant  
rapturous

## GRATEFUL

appreciative  
blessed  
fortunate  
grace  
humbled  
lucky  
moved  
thankful  
touched

## HOPEFUL

expectant  
encouraged  
optimistic  
reassured  
trusting

## INSPIRED

admiration  
alive  
amazed  
awed  
stimulated  
wonder

## ENGAGED

absorbed  
alert  
affected  
concerned  
connected  
curious  
engrossed  
enchanted  
fascinated  
inquisitive  
interested  
intrigued  
involved  
nosy  
spellbound  
stimulated

## PEACEFUL

at ease  
calm  
clear headed  
comfortable  
centered  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil

## REFRESHED

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

## ANNOYED

aggravated  
disgruntled  
frustrated  
impatient  
irritated  
irked

## AFRAID

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

## ANGRY

enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

## AVERSION

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

## CONFUSED

baffled  
bewildered  
dazed  
hesitant  
indecisive  
lost  
mystified  
perplexed  
puzzled  
questioning  
unsure

## DETACHED

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withdrawn

## DISQUIETED

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

## FATIGUED

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

## GUILTY

ashamed  
chagrined  
embarrassed  
flustered  
guilty  
mortified  
self-conscious

## INSECURE

fragile  
guarded  
helpless  
insecure  
leery  
sensitive  
shaky  
vulnerable

## PAIN

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

## SAD

depressed  
dejected  
despair  
disappointed  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy

## TENSE

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

## YEARNING

envious  
grasping  
jealous  
longing  
nostalgic  
pining  
wistful

## PHYSICAL SENSATIONS

### for the body

achy  
airy  
bloated  
breathless  
bubbly  
clammy  
cold  
constricted  
congested  
dense  
dizzy  
drained  
dry  
dull  
empty  
energized  
expansive  
fluid  
fragile  
frantic  
frozen  
full  
heavy  
hot  
itchy  
jittery  
knotted  
light  
moist  
nervous  
numb  
pounding  
prickly  
puffy  
pulsing  
queasy  
ragged  
relaxed  
rigid  
shaky  
sore  
spacious  
stiff  
strong  
sweaty  
tense  
tight  
tingly  
trembly  
throbbing  
twitching  
warm  
wobbly  
wooden

