

# 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withdrawn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  
centered  
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