

It is okay for you to have feelings. How do you really feel?

Here is a list to help you figure out how you feel.

Right now I am feeling_____.

Pleasant Feelings

OPEN

understanding

confident

reliable

easy

amazed

free

sympathetic

interested

satisfied

receptive

accepting

kind

HAPPY

great

gay

joyous

lucky

fortunate

delighted

overjoyed

gleeful

thankful

important

festive

ecstatic

satisfied

glad

cheerful

sunny

merry

elated

jubilant

ALIVE

playful

courageous

energetic

liberated

optimistic

provocative

impulsive

free

frisky

animated

spirited

thrilled

wonderful

GOOD

calm

peaceful

at ease

comfortable

pleased

encouraged

clever

surprised

content

quiet

certain

relaxed

serene

free and easy

bright

blessed

reassured

LOVE

loving

considerate

INTERESTED

concerned

affected

POSITIVE

eager

keen

STRONG

impulsive

free

affectionate

sensitive

tender

devoted

attracted

passionate

admiration

warm

touched

sympathy

close

loved

comforted

drawn toward

fascinated

intrigued

absorbed

inquisitive

nosy

snoopy

engrossed

curious

earnest

intent

anxious

inspired

determined

excited

enthusiastic

bold

brave

daring

challenged

optimistic

re-enforced

confident

hopeful

sure

certain

rebellious

unique

dynamic

tenacious

hardy

secure

Difficult/Unpleasant Feelings

ANGRY

irritated

enraged

hostile

insulting

sore

annoyed

upset

hateful

unpleasant

offensive

DEPRESSED

lousy

disappointed

discouraged

ashamed

powerless

diminished

guilty

dissatisfied

miserable

detestable

CONFUSED

upset

doubtful

uncertain

indecisive

perplexed

embarrassed

hesitant

shy

stupefied

disillusioned

HELPLESS

incapable

alone

paralyzed

fatigued

useless

inferior

vulnerable

empty

forced

hesitant

bitter	repugnant	unbelieving	despair
aggressive	despicable	skeptical	frustrated
resentful	disgusting	distrustful	distressed
inflamed	abominable	misgiving	woeful
provoked	terrible	lost	pathetic
incensed	in despair	unsure	tragic
infuriated	sulky	uneasy	in a stew
cross	bad	pessimistic	dominated
worked up	a sense of loss	tense	
boiling			
fuming			
indignant			

INDIFFERENT

insensitive
dull
nonchalant
neutral
reserved
weary
bored
preoccupied
cold
disinterested
lifeless

AFRAID

fearful
terrified
suspicious
anxious
alarmed
panic
nervous
scared
worried
frightened
timid
shaky
restless
doubtful
threatened

HURT

crushed
tormented
deprived
pained
tortured
dejected
rejected
injured
offended
afflicted
aching
victimized
heartbroken
agonized
appalled

SAD

tearful
sorrowful
pained
grief
anguish
desolate
desperate
pessimistic
unhappy
lonely
grieved
mournful
dismayed

cowardly

humiliated

quaking

wronged

menaced

alienated

wary