

**PLEASANT FEELINGS**

**HAPPY**

Great  
Gay  
Joyous  
Lucky  
Fortunate  
Delighted  
Overjoyed  
Gleeful  
Thankful  
Important  
Festive  
Ecstatic  
Satisfied  
Glad  
Cheerful  
Sunny  
Merry  
Elated  
Jubilant

**GOOD**

Calm  
Peaceful  
At ease  
Comfortable  
Pleased  
Encouraged  
Clever  
Surprised  
Content  
Quiet  
Certain  
Relaxed  
Serene  
Free and easy  
Bright  
Blessed  
Reassured

**LOVING**

Considerate  
Affectionate  
Sensitive  
Tender  
Devoted  
Loving  
Attracted  
Passionate  
Admiration  
Warm  
Touched  
Sympathy  
Close  
Loved  
Comforted  
Drawn toward

**INTERESTED**

Concerned  
Affected  
Fascinated  
Intrigued  
Absorbed  
Inquisitive  
Nosy  
Snoopy  
Engrossed  
Curious

**ALIVE**

Playful  
Courageous  
Energetic  
Liberated  
Optimistic  
Provocative  
Impulsive  
Free  
Frisky  
Animated  
Spirited  
Thrilled  
Wonderful

**OPEN**

Understanding  
Confident  
Reliable  
Easy  
Amazed  
Free  
Sympathetic  
Interested  
Satisfied  
Receptive  
Accepting  
Kind

**POSITIVE**

Eager  
Keen  
Earnest  
Intent  
Anxious  
Inspired  
Determined  
Excited  
Enthusiastic  
Bold  
Brave  
Daring  
Challenged  
Optimistic  
Re-enforced  
Confident  
Hopeful

**STRONG**

Impulsive  
Free  
Sure  
Certain  
Rebellious  
Unique  
Dynamic  
Tenacious  
Hardy  
Secure

**DIFFICULT/  
UNPLEASANT  
FEELINGS**

**SAD**

Tearful / Mournful  
Disappointed  
Discouraged  
Sorrowful  
Pained  
Grieving  
Anguished  
Desolate / Lonely  
Desperate  
Pessimistic / Unhappy  
Dismayed  
Lousy

**CONFUSED**

Upset  
Doubtful / Uncertain  
Indecisive / Unsure  
Perplexed  
Embarrassed  
Hesitant / Shy  
Stupefied  
Disillusioned  
Unbelieving  
Skeptical  
Distrustful  
Misgiving  
Lost  
Uneasy  
Pessimistic  
Tense

**INDIFFERENT**

Insensitive  
Nonchalant  
Neutral  
Weary  
Bored / Preoccupied  
Cold / Disinterested  
Lifeless

**ANGRY**

Irritated  
Enraged / Hostile  
Insulting  
Sore / Cross  
Annoyed  
Upset  
Hateful  
Unpleasant / Offensive  
Bitter / Resentful  
Aggressive  
Inflamed  
Provoked  
Incensed / Infuriated  
Worked up  
Boiling / Fuming  
Indignant  
Ashamed  
Diminished  
Guilty  
Dissatisfied  
Miserable  
Detestable  
Repugnant  
Despicable  
Disgusting  
Abominable  
Terrible  
Sulky

**AFRAID**

Fearful / Frightened  
Terrified / Scared  
Suspicious  
Anxious  
Alarmed / Panicked  
Nervous / Timid  
Shaky  
Restless  
Doubtful  
Threatened  
Cowardly  
Quaking  
Menaced  
Wary

**HURT**

Crushed  
Tormented  
Deprived  
Pained  
Tortured  
Dejected / Rejected  
Injured  
Offended  
Afflicted  
Aching  
Victimized  
Heartbroken  
Agonized  
Appalled  
Humiliated  
Wronged  
Alienated

**HELPLESS**

Incapable  
Alone  
Paralyzed  
Fatigued  
Useless  
Inferior  
Vulnerable  
Empty  
Forced  
Hesitant  
Despair  
Frustrated  
Distressed  
Woeful  
Pathetic  
Dominated  
Powerless

FEELINGS  
When your  
needs are  
SATISFIED

**AFFECTIONATE**

Compassionate  
Friendly  
Loving  
Open-hearted  
Sympathetic  
Tender  
Warm

**ENGAGED**

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

**CONFIDENT**

Empowered open  
Proud  
Safe  
Secure

**EXHILARATED**

Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

**EXCITED**

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

**JOYFUL**

Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled

**PEACEFUL**

Calm  
Clear-headed  
Comfortable  
Centered  
Content  
Equanimous  
Fulfilled  
Mellow  
Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Still  
Tranquil  
Trusting

**REFRESHED**

Enlivened  
Rejuvenated  
Renewed  
Rested  
Restored  
Revived

**GRATEFUL**

Appreciative  
Moved  
Thankful  
Touched

**INSPIRED**

Amazed  
Awed  
Wonder

FEELINGS  
WHEN YOUR  
NEEDS ARE  
NOT  
SATISFIED

**AFRAID**

Apprehensive  
Dread  
Foreboding  
Frightened  
Mistrustful  
Panicked / Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried

**ANNOYED**

Aggravated  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Irk

**PAIN**

Agony  
Anguished  
Bereaved  
Devastated  
Grief  
Heartbroken  
Hurt  
Lonely  
Miserable  
Regretful  
Remorseful

**ANGRY**

Enraged  
Furious  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful

**AVERSION**

Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hate  
Horrified  
Hostile  
Repulsed  
Confused  
Ambivalent  
Baffled / Bewildered  
Dazed  
Hesitant  
Lost  
Mystified  
Perplexed / Puzzled  
Torn

**DISCONNECTED**

Alienated  
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

**EMBARRASSED**

Ashamed  
Chagrined  
Flustered  
Guilty  
Mortified  
Self-conscious

**TENSE**

Anxious  
Cranky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Nervous  
Overwhelmed  
Restless  
Stressed out

**FATIGUE**

Beat  
Burnt out  
Depleted  
Exhausted  
Lethargic  
Listless  
Sleepy  
Tired  
Weary  
Worn out

**SAD**

Depressed  
Dejected  
Despair  
Despondent  
Disappointed  
Discouraged  
Disheartened  
Forlorn  
Gloomy  
Heavy-hearted  
Hopeless  
Melancholy  
Unhappy  
Wretched

**VULNERABLE**

Fragile  
Guarded  
Helpless  
Insecure  
Leery  
Reserved  
Sensitive  
Shaky

**YEARNING**

Envious  
Jealous  
Longing  
Nostalgic  
Pining  
Wistful

