

FEELINGS LIST

Abrupt
Absorbed
Accepting
Aching
Achy
Active
Adaptable
Adequate
Admiring
Affectionate
Afflicted
Aggressive
Agitated
Agonized
Agoraphobic
Alarmed
Alienated
Allowing
Alone
Amazed
Amused
Anguished
Animated
Annoyed
Antagonistic
Anxious
Appalled
Appreciative
Apprehensive
Approachable
Approving
Argumentative
Ashamed
Assured
At ease
Attached
Attacked
Attacking
Attentive
Attracted
Authentic
Authoritative
Avoiding
Aware
Awkward
Bad
Balanced
Beaming
Beautiful
Belittled
Bitter
Blessed
Blindsided
Blissful
Blocked
Blunt

Blushing
Bold
Bored
Bossy
Brave
Bright
Brutal
Bulldozed
Bullied
Bummed out
Burdened
Calm
Carefree
Caring
Centered
Certain
Cheerful
Cheerless
Child like
Clear
Close
Closed
Cold
Combative
Comfortable
Communicative
Comparing
Compassionate
Complaining
Complete
Composed
Compulsive
Condemning
Condescending
Confident
Confounded
Connected
Conscientious
Considerate
Constructive
Content
Contracted
Contrary
Controlling
Cooperative
Courageous
Courteous
Cowardly
Crabby
Cranky
Craving
Creative
Critical
Cross
Crushed
Crying

Curious
Cut off
Daring
Defensive
Dejected
Delighted
Demanding
Deprived
Desolate
Despairing
Desperate
Despicable
Despondent
Devastated
Devoted
Diminished
Dirty
Disappointed
Disconnected
Discontented
Discouraged
Disdainful
Disgusted
Disheartened
Dishonest
Disillusioned
Dismayed
Disoriented
Disrespectful
Disrupted
Dissatisfied
Distant
Distracted
Distraught
Distressed
Distrustful
Disturbed
Doomed
Doubtful
Down
Downhearted
Drawn
Dreadful
Dull
Dynamic
Eager
Earnest
Easy
Easygoing
Ecstatic
Efficient
Elated
Embarrassed
Embracing
Empathetic
Empty

Encouraged
Energetic
Energized
Engrossed
Enjoying
Enraged
Enthusiastic
Envious
Equal
Euphoric
Exasperated
Excellent
Excited
Exhilarated
Expansive
Exuberant
Fake
Fascinated
Fatigued
Faultfinding
Fearful
Festive
Fidgety
Fine
Flexible
Flowing
Fluid
Focused
Forgiving
Fragile
Free
Frenzied
Friendly
Frightened
Frisky
Frowning
Frustrated
Fulfilled
Fun loving
Funny
Furious
Gentle
Genuine
Giving
Glad
Glaring
Gleeful
Gloomy
Glorious
Glowing
Glum
Good
Graceful
Gracious
Grateful
Gratified

Great
Grieved
Groaning
Grouchy
Grounded
Grumpy
Guarded
Guilty
Haggard
Happy go lucky
Hard
Hardy
Harmonious
Hateful
Healthy
Heartbroken
Helpful
Hesitant
Hitting
Honest
Honored
Honoring
Hopeful
Hopeless
Hostile
Hotheaded
Humble
Humiliated
Humor
Hungry
Hurtful
Immobile
Impatient
In good spirits
In heaven
In hell
In the zone
Incapable
Incapacitated
Incensed
Incompetent
Indecisive
Indignant
Inept
Inferior
Infuriated
Inhibited
Injured
Innocent
Inquisitive
Insecure
Insensitive
Inspired
Insulted
Insulting
Intelligent

Intent
 Interested
 Intimidated
 Intolerant
 Intrigued
 Invaded
 Involved
 Irate
 Irritated
 Jealous
 Jittery
 Jovial
 Joyous
 Jubilant
 Judgmental
 Keen
 Kind
 Kindly
 Laughing
 Liberated
 Lifeless
 Light
 Lighthearted
 Listening
 Lonely
 Lost
 Loud
 Lousy
 Loved
 Low
 Mad
 Malicious
 Manipulative
 Masochistic
 Mature
 Mean
 Meanspirited
 Meditative
 Mellow
 Menaced
 Miffed
 Miserable
 Misgiving
 Moaning
 Moody
 Morose
 Motivated
 Mournful
 Natural
 Nauseated
 Negative
 Neglectful
 Nervous
 No energy
 Non controlling
 Nonjudgmental

Observant
 Obsessive
 Off
 Offended
 Offensive
 Off kilter
 OK
 On top of the world
 Open minded
 Optimistic
 Out of sorts
 Outgoing
 Overbearing
 Overjoyed
 Oversensitive
 Overwhelmed
 Pained
 Panicked
 Paralyzed
 Paranoid
 Passionate
 Pathetic
 Patient
 Perplexed
 Perseverant
 Pessimistic
 Petrified
 Phobic
 Phony
 Placid
 Playful
 Pleased
 Poisonous
 Powerless
 Prejudiced
 Preoccupied
 Present
 Privileged
 Productive
 Punishing
 Pushy
 Quarrelsome
 Quiet
 Radiant
 Ranting
 Rapturous
 Reactive
 Rebellious
 Receptive
 Recoiling
 Reflective
 Rejected
 Relaxed
 Reliable
 Remorseful
 Reprimanding

Repulsed
 Resentful
 Reserved
 Resistant
 Resourceful
 Respectful
 Responsible
 Responsive
 Rested
 Restless
 Retaliating
 Revengeful
 Rigid
 Robotic
 Rotten
 Rude
 Sadistic
 Sane
 Sarcastic
 Satisfied
 Scared
 Scolding
 Scornful
 Screaming
 Secretive
 Secure
 Seething
 Self castigating
 Self absorbed
 Self affirming
 Self conscious
 Self critical
 Self denigrating
 Self deprecating
 Self hating
 Self sufficient
 Sensitive
 Serene
 Serious
 Shaky
 Shallow
 Sharing
 Sharp
 Short tempered
 Shrink
 Shut down
 Shy
 Sick
 Sincere
 Slighted
 Slouching
 Slow
 Sluggish
 Slumped
 Smiling
 Smothered

Solid
 Sorrowful
 Sour
 Spirited
 Spiteful
 Spontaneous
 Spunky
 Squirring
 Stable
 Steady
 Stern
 Stiff
 Still
 Stilted
 Stonewalling
 Stony
 Stressed
 Stubborn
 Stuck
 Suffering
 Sulky
 Sullen
 Sunny
 Superior
 Supported
 Supportive
 Sure
 Surprised
 Suspicious
 Swearing
 Sweet
 Sympathetic
 Tactless
 Taut
 Tearful
 Tenacious
 Tender
 Tense
 Terrible
 Terrified
 Territorial
 Thankful
 Thoughtful
 Threatened
 Thrilled
 Ticked off
 Tickled
 Tight
 Timid
 Tired
 Tolerant
 Tormented
 Tortured
 Touched
 Touchy
 Trapped

Trembling
 Troubled
 Trusting
 Truthful
 Twitching
 Unassuming
 Unbending
 Unburdened
 Uncaring
 Uncertain
 Uncomfortable
 Understanding
 Uneasy
 Unfair
 Unhappy
 Unhurried
 Uninterested
 Unique
 Unpleasant
 Unresponsive
 Unsure
 Unwelcoming
 Unworthy
 Upbeat
 Uplifted
 Upset
 Uptight
 Useless
 Venomous
 Victimized
 Vigorous
 Vindictive
 Violent
 Vulnerable
 Waiting
 Warm
 Wary
 Weak
 Weary
 Welcoming
 Withdrawn
 Wonderful
 Woozy
 Worldly
 Worried
 Wronged
 Yelling
 Youthful