

# FEELINGS LIST

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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  
CHILDLIKE  
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

# FEELINGS LIST

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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  
ENVOIOUS  
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

# FEELINGS LIST

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GROUND  
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  
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  
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  
OBSSIVE  
OFF  
OFFENDED  
OFFENSIVE

# FEELINGS LIST

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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  
SHRILL  
SHUT DOWN  
SHY  
SICK  
SINCERE  
SLIGHTED  
SLOUCHING  
SLOW  
SLUGGISH  
SLUMPED  
SMILING  
SMOTHERED  
SOLID  
SORROWFUL  
SOUR  
SPIRITED  
SPITEFUL  
SPONTANEOUS

# FEELINGS LIST

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SPUNKY  
SQUIRMING  
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