

FEELINGS LIST

ACCEPTING

affectionate
compassion
devoted
empathy
loving
open hearted
passionate
sympathetic
tender
warm

CONFIDENT

bold
brave
certain
courageous
daring
determined
dynamic
empowered
fortitude
hardy
open
proud
rebellious
safe
secure
tenacious
unique

JOYFUL

amazed
cheerful
delighted
free
festive
glad
happy
jubilant
pleased
tickled

EXCITED

animated
anxious
aroused
astonished
dazzled
eager
energetic
enthusiastic
frisky
giddy
hopeful
impulsive
invigorated
playful
spirited
thrilled

ELATED

blissful
ecstatic
elated
enthralled
exhilarated
exuberant
gleeful
joyous
overjoyed
radiant
rapturous

GRATEFUL

appreciative
blessed
fortunate
grace
humbled
lucky
moved
thankful
touched

HOPEFUL

expectant
encouraged
optimistic
reassured
trusting

INSPIRED

admiration
alive
amazed
awed
stimulated
wonder

ENGAGED

absorbed
alert
affected
concerned
connected
curious
engrossed
enchanted
fascinated
inquisitive
interested
intrigued
involved
nosy
spellbound
stimulated

PEACEFUL

at ease
calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

ANNOYED

aggravated
disgruntled
frustrated
impatient
irritated
irked

AFRAID

apprehensive
dread
fearful
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
threatened
wary
worried

ANGRY

enraged
furious
incensed
indignant
irate
livid
outrated
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

baffled
bewildered
dazed
hesitant
indecisive
lost
mystified
perplexed
puzzled
questioning
unsure

DETACHED

alienated
aloof
apathetic
bored
cold
disconnected
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

GUILTY

ashamed
chagrined
embarrassed
flustered
guilty
mortified
self-conscious

INSECURE

fragile
guarded
helpless
insecure
leery
sensitive
shaky
vulnerable

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

YEARNING

envious
grasping
jealous
longing
nostalgic
pining
wistful

PHYSICAL SENSATIONS

**for the body*

achy
airy
bloated
breathless
bubbly
clammy
cold
constricted
congested
dense
dizzy
drained
dry
dull
empty
energized
expansive
fluid
fragile
frantic
frozen
full
heavy
hot
itchy
jittery
knotted
light
moist
nervous
numb
pounding
prickly
puffy
pulsing
queasy
ragged
relaxed
rigid
shaky
sore
spacious
stiff
strong
sweaty
tense
tight
tingly
trembly
throbbing
twitching
warm
wobbly
wooden

