

## LIST OF FEELINGS

Abandoned	Blessed	Constricted
Affectionate	Blue	Content
Affirmed	Bored	Controlled
Afraid	Bound	Crappy
Alarmed	Brave	Crazy
Alive	Burdened	Crushed
Alone	Buzzed	Curious
Ambivalent	Calm	Deceived
Angry	Capable	Defeated
Anxious	Cared for	Defensive
Appalled	Carefree	Delighted
Appreciated	Certain	Demeaned
Appreciative	Charmed	Depressed
Apprehensive	Cheated	Despairing
Aroused	Cheerful	Desperate
Ashamed	Compassionate	Devastated
Bad	Concerned	Diminished
Bashful	Confident	Disappointed
Betrayed	Conflicted	Discounted
Bewildered	Confused	Discouraged

Disempowered	Energetic	Grief-stricken
Disgruntled	Energized	Guilty
Disgusted	Enervated	Happy
Dismissive	Entitled	Healthy
Dissed	Envious	Held back
Distant	Excited	Helpful
Distraught	Exhausted	Helpless
Distressed	Fearful	Hesitant
Distrustful	Fearless	High
Disturbed	Firm	Honored
Dominated	Flushed	Hopeful
Doubtful	Flustered	Hopeless
Dumb	Fortunate	Humble
Eager	Frantic	Humiliated
Elated	Frenetic	Hungry
Embarrassed	Frightened	Hurt
Emboldened	Gay	Ignored
Empathetic	Generous	Impatient
Empowered	Giddy	Imposed upon
Empty	Glad	Impotent
Encouraged	Grateful	Inadequate

Incapable	Mournful	Relieved
Inept	Nauseated	Remorseful
Inferior	Needed	Rested
Inspired	Needy	Restless
Intimidated	Nervous	Reticent
Invisible	Numb	Revolted
Isolated	Open	Romantic
Jealous	Oppressed	Run down
Joyful	Panicky	Sad
Jubilant	Patient	Safe
Jumpy	Passionate	Satisfied
Kind	Peaceful	Scared
Left out	Pleased	Self-righteous
Listless	Powerful	Sexy
Lonely	Powerless	Shaky
Lost	Pressured	Shameful
Loved	Proud	Shocked
Loving	Put upon	Shy
Melancholy	Rejected	Sick
Miserable	Relaxed	Sluggish
Motivated	Released	Somber

Sorrowful	Trusting	Worried
Stifled	Uncertain	Worthy
Stressed	Uneasy	Wound up
Strong	Unappreciated	Wrung out
Stuck	Unimportant	
Stunned	Unloved	
Stupid	Unmotivated	
Suffocated	Unsafe	
Supported	Unsure	
Sympathetic	Unworthy	
Tense	Upset	
Terrified	Uptight	
Thankful	Used	
Thrilled	Violated	
Thwarted	Vulnerable	
Tickled	Wanted	
Tight	Weak	
Tired	Weary	
Tough	Weepy	
Trapped	Wimpy	
Troubled	Worn out	