

## Feeling Word List

<b>SAD</b>	Anguish – Blue – Bummed – Burdened – Desperate – Despondent – Disappointed – Discouraged – Dismayed – Gloomy – Grave – Grey – Grieved – Grim - Heavy-hearted - Let down – Longing – Lost – Low – Miserable – Moody – Mournful – Pained – Pessimistic – Scorned – Sorrowful – Tearful - Unhappy
<b>HURT</b>	Abased – Abused – Aching – Afflicted – Agonized – Annihilated – Assaulted – Betrayed – Blamed – Bleeding – Brutalized – Burned – Bushwhacked – Chastised – Cheated – Crushed – Damaged – Defeated – Deflated – Dejected – Deprived – Devalued – Diminished – Disrespected – Forgotten - Heart-broken – Humiliated – Ignored – Injured – Insulted – Intimidated – Invalidated – Invisible – Jilted - Laughed at – Neglected – Offended – Oppressed – Pained – Persecuted – Punched - Put down – Rebuffed – Rejected – Ridiculed – Screwed – Slighted – Snubbed – Squashed – Tormented – Tortured – Victimized - Wronged
<b>VICTIMIZED</b>	Abused – Bamboozled – Bullied – Cheated - Cheated on – Controlled – Crushed – Damned – Debased – Deceived – Degraded – Denigrated – Denounced - Deprived – Devoured - Dumped-on – Duped – Emasculated – Erased – Eviscerated – Hoodwinked - Intruded upon – Jinxed – Mistreated – Objectified – Quashed – Railroaded – Reamed – Scapegoated - Set up - Suffocated
<b>DEPRESSED</b>	Abominable – Abysmal – Accursed – Ashamed – Bad – Besieged – Black – Dark – Despairing – Despicable – Diminished – Dissatisfied – Dour – Dreary – Dysphoric – Guilty – Loathsome – Lousy – Morbid – Morose – Repugnant - Self-abasing - Self-destructive - Sense of loss – Suicidal – Sulky – Terrible - Worn out

<b>ANGRY</b>	Abrasive – Abusive – Aggravated – Aggressive – Annoyed – Appalled – Bitter – Bloodthirsty – Boiling – Bristling – Bugged – Confrontive – Contemptuous – Contentious – Cranky – Cross – Dangerous – Disgruntled – Disgusted – Dismayed – Enraged – Exasperated – Fiery – Frustrated – Fuming – Furious – Galled – Hateful – Horrified – Hostile – Incensed – Inflamed – Infuriated – Insulting – Irritated – Livid – Miffed – Misanthropic – Nauseated – Offensive – Outraged – Perturbed – Pissed off – Provoked – Repulsed – Resentful – Revolted – Riled – Seething – Sore – Spiteful – Steamed – Stewing – Surly – Ticked off – Troubled – Unpleasant – Upset – Vicious – Wary – Worked up
<b>HURTFUL</b>	Controlling – Cruel – Dangerous – Enraged – Harmful – Malevolent – Malicious – Malignant – Manipulative – Mean – Menacing – Mouthy – Nasty – Offensive – Retaliatory – Rude – Ruthless – Sadistic – Vengeful
<b>UNCOMFORTABLE</b>	Antsy – Awkward – Conspicuous – Discomfit – Discontented – Disturbed – Fidgety – Icky – Ill-tempered – Inappropriate – Odd – Off-balance – Off-center – Out of it – Peculiar – Rotten – Sickened – Sour
<b>EMBARRASSED</b>	Absurd – Ashamed – Awkward – Clumsy – Conspicuous – Disgraced – Foolish – Humiliated – Mortified – Silly – Uncomfortable
<b>VULNERABLE</b>	Bare – Bested – Blind – Broken – Bullied – Captive – Conned – Conspicuous – Constrained – Controlled – Corralled – Delicate – Eclipsed – Expendable – Exposed – Little – Lost – Obscured – One-down – One-upped – Open – Raw – Sensitive – Small – Susceptible – Weak
<b>CONFUSED</b>	Addled – Ambivalent – Anxious – At a loss – Baffled – Befuddled – Bewildered – Conflicted – Confused – Disconcerted – Distracted – Doubtful – Flustered – Hesitant – Indecisive – Lost – Misgiving – Muddled – Mystified – Perplexed – Puzzled – Tense – Uncertain – Uneasy – Unsure

<b>SHOCKED</b>	Agape – Aghast – Agog – Astonished – Astounded – Awestruck – Dazed – Dumbfounded – Dumbstruck – Dumfounded – Flabbergasted – Jarred – Jolted – Rattled – Startled – Stricken – Stunned – Stupefied
<b>LOST</b>	Planless – Rudderless – Scattered – Seeking – Stranded – Stumped
<b>HELPLESS</b>	Alone – Controlled – Despairing – Distressed – Dominated – Empty – Fatigued – Forced – Frustrated – Futile – Hesitant – Hindered – Immobile – Impotent – Incapable – Ineffective – Inferior – Lamé – Micro-managed – Overwhelmed – Paralyzed – Pathetic – Stifled – Stonewalled – Straight-jacketed – Stuck – Tragic – Useless – Vulnerable – Woeful
<b>INADEQUATE</b>	Deficient – Enfeebled – Helpless – Incapable – Incompetent – Inept – Inferior – Insecure – Insufficient – Mediocre – Meek – One-down – Pathetic – Powerless – Second rate – Spineless – Unworthy – Useless – Weak – Worthless
<b>GUILTY</b>	Accountable – At fault – Contrace – Culpable – Deceitful – Faulty – Regretful – Remorseful – Responsible – Rueful – Undeserving – Wrong
<b>AFRAID</b>	Alarmed – Anxious – Boxed-in – Chilled – Cornered – Cowardly – Doubtful – Fear – Frightened – Jittery – Jumpy – Menaced – Overwhelmed – Quaking – Scared – Shaken – Spooked – Suspicious – Terrified – Threatened – Uneasy – Wary – Worried
<b>ANXIOUS</b>	Daunted – Dreading – Frantic – Fretful – Guarded – Insecure – Jangled – Knotted – Nervous – Neurotic – Obsessive – Overcome – Panicky – Preoccupied – Restless – Ruffled – Self-conscious – Shaky – Shy – Skittish – Stressed – Timid – Unnerved
<b>ALONE</b>	Abandoned – Alienated – Aloof – Antisocial – Apart – Avoided – Bypassed – Deserted – Desolate – Disliked – Dispossessed – Disregarded – Dissociated – Distant – Estranged – Excluded – Friendless – Ignored – Inaccessible – Isolated – Jilted – Longing – Loveless – Needy – Outnumbered – Rejected
<b>NEGATIVE</b>	Against – Averse – Disharmonious – Hesitant – Opposed – Oppositional – Quarrelsome – Rebellious – Recalcitrant – Resistant – Stubborn

<b>TIRED</b>	Battle-worn – Bedraggled – Careworn – Depleted – Dispirited - Done-in – Downtrodden - Drained - Dried up – Exhausted – Faint – Finished – Fried – Harried – Hassled – Limp – Listless – Overdrawn – Overloaded – Pooped – Spent – Strained – Stretched - Used up – Weary - Worn
<b>BORED</b>	Bland – Dreary – Listless – Mundane – Tedious – Unchallenged - Understimulated
<b>INDIFFERENT</b>	Absent – Apathetic – Banal – Bland – Blasé – Bored – Cavalier – Cold – Dead – Disinterested – Dulled – Emotionless – Empty – Insensitive – Lifeless – Mindless – Neutral – Nonchalant – Reserved – Robotic – Uncaring - Weary
<b>INTERESTED</b>	Absorbed – Affected – Attentive – Aware – Concerned – Curious – Engrossed – Fascinated – Imaginative – Inquisitive – Intrigued – Nosy – Rapt - Snoopy
<b>POSITIVE</b>	Anxious – Complimented – Determined – Eager – Earnest – Enthusiastic – Excited – Hopeful – Inspired – Intent – Keen – Productive – Pumped - Sincere
<b>ACCEPTABLE</b>	Adequate – Average – Functional - Good enough – Legitimate - Okay
<b>THANKFUL</b>	Appreciative – Beholden – Grateful – Obligated - Owing
<b>OPEN</b>	Aboard – Accepting – Adventurous – Amazed – Boundless – Confident – Easy – Exultant – Free - Fun-loving – Interested – Kind – Ready – Receptive – Reliable – Satisfied – Sympathetic - Understanding
<b>ALIVE</b>	Animated – Awake – Colorful – Courageous – Electric – Energetic – Free – Frisky – Glorious – Glowing – Impulsive – Liberated – Optimistic – Peppy – Playful – Provocative – Reborn – Spirited – Spunky – Thrilled - Wonderful
<b>HAPPY</b>	Blissful – Bouncy – Buoyant – Cheerful – Delighted – Delirious – Ecstatic – Elated – Exuberant – Festive – Fortunate – Giddy – Glad – Gleeful – Great – Important – Joyous – Jubilant – Lucky – Merry – Mirthful – Overjoyed – Peachy – Perky – Satisfied – Soaring – Sparkling – Sunny - Thankful

<b>GOOD</b>	At ease – Bright – Calm – Certain – Clean – Clever – Comfortable – Content – Decent – Deserving – Encouraged – Extraordinary – Fabulous – Pleasant – Pleased – Quiet – Reassured – Relaxed – Serene – Smart – Sure - Surprised
<b>RELAXED</b>	Breezy – Calm – Chill – Released - Resolved - Sleepy
<b>STRONG</b>	Able – Accomplished – Assertive – Assured – Authoritative – Brave – Capable – Certain – Clear – Competent – Confrontive – Courageous – Dynamic – Ethical – Feisty – Free – Graceful – Hardy - In control – Influential – Moral – Nervy – Outspoken – Persevering – Rebellious – Reliable – Resolute – Revitalized – Solid – Stable – Sure – Tenacious - Unique
<b>LOVING</b>	Admiration - Affectionate – Attracted – Caring – Connection - Considerate – Cuddly – Devoted – Love - Passionate – Sensitive – Tender - Warmth
<b>CARING</b>	Affectionate – Attached – Benevolent – Communicative – Connected – Cuddly – Dedicated – Empathetic – Generous – Gracious - In tune – Loving – Loyal – Nurturing – Responsible – Selfless – Sympathetic - Warm
<b>CARED FOR</b>	Accommodated – Admired – Appreciated – Esteemed – Honored – Pampered