

Reference Feelings List

Accepting	Curious	Frightened	Lucky	Shocked
Adventurous	Cynical	Frustrated	Moody	Sorrow
Affectionate	Daring	Fulfilled	Mortified	Sorry
Afraid	Delighted	Furious	Nervous	Strong
Aggravated	Depleted	Gloomy	Optimistic	Suspicious
Agitated	Depressed	Grateful	Outraged	Teary
Amazed	Despondent	Grief	Overwhelmed	Grouchy
Angry	Determined	Grounded	Panic	Thankful
Anguish	Discouraged	Guilty	Passionate	Thrilled
Anxious	Disdain	Happy	Patient	Trapped
Apprehensive	Disgruntled	Heartbroken	Peaceful	Trusting
Ashamed	Disappointed	Helpless	Playful	Uneasy
Awed	Dissatisfied	Hesitant	Powerless	Unhappy
Bitter	Distant	Hopeful	Present	Upset
Blessed	Disturbed	Hopeless	Proud	Useless
Blissful	Eager	Hostile	Radiant	Valiant
Bored	Ecstatic	Humbled	Refreshed	Vibrant
Brave	Edgy	Humiliated	Regretful	Victim
Burned out	Empathy	Impatient	Rejected	Vindictive
Calm	Empty	Incapable	Relaxed	Vulnerable
Calm	Encouraged	Inspired	Remorseful	Weak
Capable	Energized	Intrigued	Renewed	Weary
Caring	Engaged	Invigorated	Resentful	Withdrawn
Centered	Enthusiastic	Irate	Restless	Worried
Compassion	Exasperated	Irritated	Safe	Worthless
Confident	Excited	Isolated	Satisfied	Worthy
Confused	Exhausted	Listless	Self-Conscious	Other
Contempt	Fortunate	Lively	Self-Loving	Other
Content	Fragile	Lonely	Sensitive	Other
Cranky	Free	Longing	Serene	Other