

FEELING WORD LIST

Pleasant Feelings

accepted
active
adventurous
adequate
aggressive
alert
alive
amused
appreciated
bold
brave
calm
capable
cared for
caring
cheerful
comfortable
confident
content
daring
delighted
determined
ecstatic
eager
elated
encouraged
energetic
excited
fantastic
fascinated
fatherly
fine
fortunate
free
friendly
full
glad
good
great
grateful
gutsy
happy
healthy
high

hopeful
humble
important
intense
joyful
loved
lovely
loving
motherly
open
optimistic
overjoyed
peaceful
playful
pleased
positive
powerful
proud
quick
refreshed
relaxed
relieved
rested
satisfied
secure
snappy
solid
successful
surprised
sympathetic
thankful
thrilled
tranquil
turned on
understood
up
warm
wonderful
zany

Unpleasant Feelings

abandoned
abused
accused
afraid
aggravated
angry
annoyed
anxious
apathetic
ashamed
awful
awkward
bad
baffled
bashful
betrayed
bitter
blue
bored
bothered
burned up
cautious
cheated
concerned
confused
crazy
critical
crushed
dazed
deceived
defeated
defenseless
defiant
depressed
determined
disappointed
discouraged
disgusted
disorganized
disoriented
dissatisfied
distracted
distressed
disturbed

down
embarrassed
enraged
envious
exhausted
fed up
fearful
foolish
fragile
frail
frightened
frustrated
furious
gloomy
glum
guilty
harassed
hate
hateful
helpless
hesitant
hopeless
horrible
horrified
hurt
ignored
ill
impatient
impotent
inadequate
insecure
intimidated
irritated
jealous
jittery
jumpy
let-down
lied-to
lifeless
lonely
lost
low
mad
manipulated

mean
miserable
misunderstood
mixed up
nervous
outraged
overwhelmed
pained
painful
possessive
panicked
panicky
paralyzed
pierced
powerless
provoked
pushed
puzzled
quiet
rage
rejected
remorseful
resentful
robbed
run-down
sad
shaky
shy
sick
sore
sorry
stuck
stunned
stupid
surprised
suspicious
tense
terrible
terrified
threatened
timid
tired
torn
trapped

troubled
turned off
uncertain
uncomfortable
uneasy
unhappy
unloved
unsure
upset
uptight
used
used-up
useless
vulnerable
weak
weary
wishy-washy
worn out
worried
wounded