

INCOMPLETE LIST OF FEELINGS

Afraid

Alarmed
Anxious
Apprehensive
Aroused
Awed
Cautious
Cowardly
Dependent
Dismayed
Distrustful
Edgy
Hesitant
Horrorified
Hysterical
Insecure
Nervous
Panicky
Petrified
Pressured
Scared
Shaky
Shocked
Suspicious
Terrified
Threatened
Timid
Wishy-washy
Worried

Hurt

Aching
Afflicted
Cold
Crushed
Despairing
Distressed
Heartbroken
Injured
Isolated
Lonely
Offended
Pained
Pathetic
Suffering
Tortured
Upset
Worried

Angry

Annoyed
Belligerent
Bitter
Boiling
Confused
Contemptuous
Cross
Cruel
Enraged
Envious
Frustrated
Fuming
Furious
Grumpy
Gutless
Indignant
Inflamed
Irate
Irritated
Jealous
Offended
Provoked
Resentful
Stubborn
Sulky
Sullen
Uptight
Tense
Wrathful

Eager

Avid
Ernest
Excited
Fearless
Intent
Keen
Proud
Zealous

Sexual

Passionate
Seductive

Ashamed

Alienated
Appalled
Chagrin
Contrite
Embarrassed
Humiliated
Ill at ease
Inferior
Mortified
Regret
Rejected
Remorse
Self-doubt
Shameful
Useless
Worthless

Physical Sensation

Blah
Burdened
Choked up
Concerned
Depressed
Discontent
Dismal
Dreary
Dull
Flat
Gloomy
Heavy-hearted
In the dumps
Low
Melancholy
Moody
Mournful
Out of sorts
Quiet
Repulsed
Somber
Sorrowful
Sulky
Sullen
Unhappy
Vacant
Weepy

Confused

Distant
Doubtful
Dubious
Hesitant
Indecisive
Mixed-up
Perplexed
Preoccupied
Questioning
Skeptical
Spacey
Suspicious
Torn
Unbelieving
Wavering

Loving

Absorbed
Affectionate
Appealing
Ardent
Close
Compassionate
Concerned
Creative
Curious
Desirous
Devotion
Enamored
Engrossed
Excited
Fascinated
Fondness
Inquisive
Intrigue
Lighthearted
Open
Sincere
Soft
Tender
Warm

Happy

Buoyant
Calm
Carefree
Cheerful
Cheery
Comfortable
Complacent
Contended
Ecstatic
Elated
Enthusiastic
Excited
Exhilarated
Festive
Frisky
Generous
Giddy
Glad
Grateful
Hilarious
Inspired
Jolly
Joyous
Jubilant
Lighthearted
Optimistic
Peaceful
Playful
Pleased
Relaxed
Restful
Satisfied
Serene
Silly
Sparkling
Spirited
Surprised
Thrilled
Vivacious