

FEELINGS & EMOTIONS

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic tender
warm

AFRAID

apprehensive
dread
frightened
mistrust
panicked
petrified
scared
suspicious
terrified
wary

ANNOYED

aggravated
dismayed
disgruntled
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
incensed
indignant
irate
resentful

GRATEFUL

appreciative
moved
thankful
touched

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

FATIGUE

beat
burnt out
depleted
exhausted lethargic
listless
sleepy
tired
weary
worn out

REFRESHED

enlivened
rejuvenated
renewed
rested
revived

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
lonely
miserable
regretful
remorseful

PEACEFUL

calm
clear headed
comfortable
centered
content
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

SAD

despair
despondent
disappointed
discouraged
forlorn
heavy hearted
hopeless
melancholy
wretched

STRESSED

irritable
jittery
nervous
overwhelmed
restless

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

INSERT YOUR OWN:

Use this to help you start to identify the layers of feelings you are experiencing. Note, this is not a complete list!