

# Feelings and Emotions

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

## 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  
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withdrawn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  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

## SAD

despair  
despondent  
disappointed  
discouraged  
forlorn  
heavy hearted  
hopeless  
melancholy

## STRESSED

irritable  
jittery  
nervous  
overwhelmed  
restless

## VULNERABLE

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky