

## Feeling Vocabulary

### Anger

Aggravated  
Annoyed  
Bugged  
Defensive  
Disgusted  
Enraged  
Exasperated  
Frustrated  
Furious  
Hassled  
Hateful  
Horrified  
Hostile  
Irritated  
Offended  
Ornery  
Peeved  
Provoked  
Resentful  
Revengeful  
Seething  
Simmering  
Sore  
Ticked-off  
Upset

### Hopeful

Calm  
Confident  
Determined  
Eager  
Encouraged  
Energetic  
Exhilarated  
Important  
Interested  
Optimistic  
Relieved  
Smart  
Sure  
Warm  
Wishful

### Uncertain

Bewildered  
Bored  
Confused  
Distracted  
Flustered  
Foolish  
Inhibited

Insecure  
Lost  
Meek  
Mixed-up  
Overwhelmed  
Puzzled  
Restless  
Self-conscious  
Stumped  
Unsure  
Weird

### Hurt

Abandoned  
Alone  
Belittled  
Betrayed  
Crushed  
Defensive  
Deprived  
Devastated  
Disappointed  
Empty  
Forsaken  
Humiliated  
Let Down  
Little  
Low  
Misused  
Neglected  
Pained  
Persecuted  
Rejected  
Sensitive  
Submissive  
Troubled  
Unappreciated  
Unimportant  
Unloved  
Unworthy  
Used

### Guilty

Ashamed  
Degraded  
Exposed  
Grieved  
Humiliated  
Mortified  
Regretful  
Repentant  
Shamed  
Sorry

### Inadequate

Blah  
Cowardly  
Deflated  
Doubtful  
Dull  
Dumb  
Helpless  
Incapable  
Incompetent  
Insufficient  
Powerless  
Unappreciated  
Unprepared  
Useless  
Weak

### Happy

Ambitious  
Amused  
Anticipation  
Appreciative  
Calm  
Cheered  
Comfortable  
Competent  
Confident  
Content  
Curious  
Delighted  
Elated  
Enthusiastic  
Excited  
Exhilarated  
Flattered  
Friendly  
Glad  
Grateful  
Honored  
Interested

Jolly  
Joyful  
Proud  
Relaxed  
Relieved  
Safe  
Thrilled  
Warm  
Wonderful

### Sad

Alone  
Apathetic  
Blah  
Bored  
Dejected  
Depressed  
Disappointed  
Discontent  
Discouraged  
Distressed  
Disturbed  
Down  
Dreadful  
Exhausted  
Hopeless  
Isolated  
Left out  
Lonely  
Lost  
Melancholy  
Miserable  
Pessimistic  
Pitiful  
Sensitive  
Sick  
Sorrowful  
Tired  
Weary

### Fearful

Terrified  
Shocked  
Afraid  
Scared  
Suspicious  
Cowardly  
Uneasy  
Uptight  
Frightened

### Confused

Bewildered  
Disorganized  
Indifferent  
Overwhelmed  
Restless  
Self-conscious  
Trapped  
Troubled  
Uncomfortable  
Undecided  
Weird

### Love

Affectionate  
Amorous  
Belonging  
Devoted  
Friendly  
Grateful  
Kindly  
Loveable  
Loved  
Lovely  
Touched  
Trusting  
Warm

### Anxiety

Agitated  
Anticipation  
Apprehensive  
Burdened  
Concerned  
Eager  
Edgy  
Frantic  
Nervous  
Panic  
Paralyzed  
Pessimistic  
Scared  
Shook  
Tense  
Troubled  
Uneasy  
Uptight  
Worried