

FEELING WORDS LIST

ANGRY

Agitated, Annoyed, Angry, Enraged, Frustrated, Furious, Hostile, Impatient, Irritated, Mad, Upset

EXCITED

Eager, Energetic, Enthusiastic, Hopeful, Inspired, Passionate, Thrilled, Vibrant

PEACEFUL

Calm, Centered, Composed, Content, Relaxed, Secure, Serene, Still, Tranquil

ANXIOUS

Afraid, Apprehensive, Fearful, Hesitant, Insecure, Nervous, Panicked, Scared, Stressed, Tense, Worried

HAPPY

Cheerful, Content, Delighted, Glad, Grateful, Joyful, Pleased, Relaxed, Satisfied

POWERLESS

Defeated, Dependent, Helpless, Inadequate, Inferior, Insignificant, Trapped, Weak, Worthless

ASHAMED

Embarrassed, Guilty, Humiliated, Regretful, Remorseful, Sorry

HURT

Abandoned, Abused, Betrayed, Blamed, Criticized, Damaged, Deceived, Ignored, Injured, Rejected, Used, Victimized

POWERFUL

Able, Assertive, Capable, Confident, Courageous, Empowered, Free, Strong, Valuable, Worthwhile

CONFUSED

Ambivalent, Bewildered, Confused, Indecisive, Puzzled, Torn, Uncertain, Unclear, Unsure

LONELY

Abandoned, Alone, Desolate, Empty, Isolated, Neglected, Rejected, Unwanted

SHOCKED

Appalled, Astonished, Dismayed, Horrified, Stunned, Surprised

DEPRESSED

Defeated, Discouraged, Gloomy, Hopeless, Miserable, Sad, Unhappy

LOVING

Affectionate, Caring, Compassionate, Friendly, Generous, Kind, Supportive, Thoughtful, Warm

VULNERABLE

Exposed, Fragile, Insecure, Sensitive, Tender, Weak

Practice Using Feeling Words:

"I feel _____ when _____."

"I have felt _____ when _____."