

FEELINGS LIST

Abrupt
 Absorbed
 Accepting
 Aching
 Achy
 Active
 Adaptable
 Adequate
 Admiring
 Affectionate
 Afflicted
 Aggressive
 Agitated
 Agonized
 Agoraphobic
 Alarmed
 Alienated
 Allowing
 Alone
 Amazed
 Amused
 Anguished
 Animated
 Annoyed
 Antagonistic
 Anxious
 Appalled
 Appreciative
 Apprehensive
 Approachable
 Approving
 Argumentative
 Ashamed
 Assured
 At ease
 Attached
 Attacked
 Attacking
 Attentive
 Attracted
 Authentic
 Authoritative
 Avoiding
 Aware
 Awkward
 Bad
 Balanced
 Beaming
 Beautiful
 Belittled
 Bitter
 Blessed
 Blindsided
 Blissful
 Blocked
 Blunt

Blushing
 Bold
 Bored
 Bossy
 Brave
 Bright
 Brutal
 Bulldozed
 Bullied
 Bummed out
 Burdened
 Calm
 Carefree
 Caring
 Centered
 Certain
 Cheerful
 Cheerless
 Child like
 Clear
 Close
 Closed
 Cold
 Combative
 Comfortable
 Communicative
 Comparing
 Compassionate
 Complaining
 Complete
 Composed
 Compulsive
 Condemning
 Condescending
 Confident
 Confounded
 Connected
 Conscientious
 Considerate
 Constructive
 Content
 Contracted
 Contrary
 Controlling
 Cooperative
 Courageous
 Courteous
 Cowardly
 Crabby
 Cranky
 Craving
 Creative
 Critical
 Cross
 Crushed
 Crying

Curious
 Cut off
 Daring
 Defensive
 Dejected
 Delighted
 Demanding
 Deprived
 Desolate
 Despairing
 Desperate
 Despicable
 Despondent
 Devastated
 Devoted
 Diminished
 Dirty
 Disappointed
 Disconnected
 Discontented
 Discouraged
 Disdainful
 Disgusted
 Disheartened
 Dishonest
 Disillusioned
 Dismayed
 Disoriented
 Disrespectful
 Disrupted
 Dissatisfied
 Distant
 Distracted
 Distraught
 Distressed
 Distrustful
 Disturbed
 Doomed
 Doubtful
 Down
 Downhearted
 Drawn
 Dreadful
 Dull
 Dynamic
 Eager
 Earnest
 Easy
 Easygoing
 Ecstatic
 Efficient
 Elated
 Embarrassed
 Embracing
 Empathetic
 Empty

Encouraged
 Energetic
 Energized
 Engrossed
 Enjoying
 Enraged
 Enthusiastic
 Envious
 Equal
 Euphoric
 Exasperated
 Excellent
 Excited
 Exhilarated
 Expansive
 Exuberant
 Fake
 Fascinated
 Fatigued
 Faultfinding
 Fearful
 Festive
 Fidgety
 Fine
 Flexible
 Flowing
 Fluid
 Focused
 Forgiving
 Fragile
 Free
 Frenzied
 Friendly
 Frightened
 Frisky
 Frowning
 Frustrated
 Fulfilled
 Fun loving
 Funny
 Furious
 Gentle
 Genuine
 Giving
 Glad
 Glaring
 Gleeful
 Gloomy
 Glorious
 Glowing
 Glum
 Good
 Graceful
 Gracious
 Grateful
 Grateful

Gratified
 Great
 Grieved
 Groaning
 Grouchy
 Grounded
 Grumpy
 Guarded
 Guilty
 Haggard
 Happy go lucky
 Hard
 Hardy
 Harmonious
 Hateful
 Healthy
 Heartbroken
 Helpful
 Hesitant
 Hitting
 Honest
 Honored
 Honoring
 Hopeful
 Hopeless
 Hostile
 Hotheaded
 Humble
 Humiliated
 Humor
 Hungry
 Hurtful
 Immobile
 Impatient
 In good
 In heaven
 In hell
 In the zone
 Incapable
 Incapacitated
 Incensed
 Incompetent
 Indecisive
 Indignant
 Inept
 Inferior
 Infuriated
 Inhibited
 Injured
 Innocent
 Inquisitive
 Insecure
 Insensitive
 Inspired
 Insulted
 Insulting

Intelligent
Intent
Interested
Intimidated
Intolerant
Intrigued
Invaded
Involved
Irate
Irritated
Jealous
Jittery
Jovial
Joyous
Jubilant
Judgmental
Keen
Kind
Kindly
Laughing
Liberated
Lifeless
Light
Lighthearted
Listening
Lonely
Lost
Loud
Lousy
Loved
Low
Mad
Malicious
Manipulative
Masochistic
Mature
Mean
Meanspirited
Meditative
Mellow
Menaced
Miffed
Miserable
Misgiving
Moaning
Moody
Morose
Motivated
Mournful
Natural
Nauseated
Negative
Neglectful
Nervous
No energy
Non controlling

Nonjudgmental
Observant
Obsessive
Off
Offended
Offensive
Off kilter
OK
On top of the world
Open minded
Optimistic
Out of sorts
Outgoing
Overbearing
Overjoyed
Oversensitive
Overwhelmed
Pained
Panicked
Paralyzed
Paranoid
Passionate
Pathetic
Patient
Perplexed
Perseverant
Pessimistic
Petrified
Phobic
Phony
Placid
Playful
Pleased
Poisonous
Powerless
Prejudiced
Preoccupied
Present
Privileged
Productive
Punishing
Pushy
Quarrelsome
Quiet
Radiant
Ranting
Rapturous
Reactive
Rebellious
Receptive
Recoiling
Reflective
Rejected
Relaxed
Reliable
Remorseful

Reprimanding
Repulsed
Resentful
Reserved
Resistant
Resourceful
Respectful
Responsible
Responsive
Rested
Restless
Retaliating
Revengeful
Rigid
Robotic
Rotten
Rude
Sadistic
Sane
Sarcastic
Satisfied
Satisfied
Scared
Scolding
Scornful
Screaming
Secretive
Secure
Seething
Self castigating
Self absorbed
Self affirming
Self conscious
Self critical
Self denigrating
Self deprecating
Self hating
Self sufficient
Sensitive
Serene
Serious
Shaky
Shallow
Sharing
Sharp
Shorttempered
Shrill
Shut down
Shy
Sick
Sincere
Slighted
Slouching
Slow
Sluggish
Slumped

Smiling
Smothered
Solid
Sorrowful
Sour
Spirited
Spiteful
Spontaneous
Spunky
Squirming
Stable
Steady
Stern
Stiff
Still
Stilted
Stonewalling
Stony
Stressed
Stubborn
Stuck
Suffering
Sulky
Sullen
Sunny
Superior
Supported
Supportive
Sure
Surprised
Suspicious
Swearing
Sweet
Sympathetic
Tactless
Taut
Tearful
Tenacious
Tender
Tense
Terrible
Terrified
Territorial
Thankful
Thoughtful
Threatened
Thrilled
Ticked off
Tickled
Tight
Timid
Tired
Tolerant
Tormented
Tortured
Touched

Touchy
Trapped
Trembling
Troubled
Trusting
Truthful
Twitching
Unassuming
Unbending
Unburdened
Uncaring
Uncertain
Uncomfortable
Understanding
Uneasy
Unfair
Unhappy
Unhurried
Uninterested
Unique
Unpleasant
Unresponsive
Unsure
Unwelcoming
Unworthy
Upbeat
Uplifted
Upset
Uptight
Useless
Venomous
Victimized
Vigorous
Vindictive
Violent
Vulnerable
Waiting
Warm
Wary
Weak
Weary
Welcoming
Withdrawn
Wonderful
Woody
Worried
Wronged
Yelling
Youthful