

Emotions: Feeling Words

Sad	Happy	Scared	Angry	Confused	Ashamed	Guilty	Hurt	Powerful	Powerless
Blue	Blissful	Afraid	Aggravated	Ambivalent	<i>This is a feeling about your self-worth, a way of feeling bad about yourself.</i>	<i>This is a feeling based on something you did that you wish you had not done.</i>	Disappointed	Aggressive	Defenseless
Dejected	Carefree	Alarmed	Agitated	Baffled			Distrustful	Bold	Dependent
Depressed	Cheerful	Anxious	Annoyed	Befuddled			Injured	Capable	Exposed
Despondent	Confident	Apprehensive	Bitter	Bewildered			Insulted	Commanding	Feeble
Disappointed	Content	Cautious	Burned up	Disorganized			Offended	Compelling	Fragile
Discontented	Delighted	Defensive	Cross	Disoriented			Wounded	Confident	Frail
Distressed	Ecstatic	Doubtful	Enraged	Distracted	Embarrassed			Controlling	Helpless
Down	Enthusiastic	Fearful	Frustrated	Indecisive	Humiliated	Accountable		Determined	Impotent
Forlorn	Excited	Frightened	Fuming	Lost	Idiotic	Apologetic		Dominant	Incapable
Gloomy	Exultant	Horrified	Furious	Mixed up	Inadequate	Blameworthy		Forceful	Incompetent
Glum	Fantastic	Insecure	Hateful	Mystified	Mortified	Culpable		Influential	Ineffective
Hopeless	Glad	Intimidated	Heated	Perplexed	Shameful	Regretful		Persuasive	Insecure
Low	Gleeful	Jumpy	Hostile	Puzzled	Worthless	Remorseful		Solid	Trapped
Melancholy	Grateful	Nervous	Incensed	Stuck		Responsible		Strong	Useless
Miserable	Hopeful	Panicky	Infuriated	Troubled				Tough	Weak
Sorrowful	In high spirits	Petrified	Irate	Uncertain				Violent	
Unhappy	Joyful	Shaken	Irritated	Unsettled					
Unloved	Optimistic	Shy	Livid	Unsure					
	Peaceful	Terrified	Mad						
	Pleased	Threatened	Outraged						
	Proud	Timid	Peeved						
	Relaxed	Unsafe	Rageful						
	Relieved	Vulnerable	Resentful						
	Satisfied	Worried	Sore						
	Thrilled		Upset						
	Wonderful		Vengeful						