

FEELING WORDS

AMAZED	stunned, surprised, shocked, jolted, enlightened avoidant, lonely, abandoned,
ALONE	deserted, isolated, cut off, detached, disconnected, unwanted
ANGRY	annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated, hateful, cold, icy, bitter, cynical
ANXIOUS	afraid, uneasy, nauseated, nervous, restless, preoccupied, worried, scared, tense, fearful, terrified, insecure, indecisive, hyper-vigilant, cautious
ASHAMED	guilty, mortified, humiliated, embarrassed, exposed, stupid
BETRAYED	deceived, fooled, duped, tricked, misled, skeptical
CONFIDENT	positive, secure, self- assured, assertive
CONFUSED	baffled, perplexed, mystified, bewildered, misunderstood, disoriented
DESPISED	ridiculed, dumb, belittled, mocked, scorned, shamed, hated, detested
HAPPY	cheerful, delighted, elated, encouraged, glad, gratified, joyful, lighthearted, overjoyed, pleased, relieved, satisfied, thrilled, secure, optimistic
DISAPPOINTED	let down, disheartened, disillusioned, distrustful
HIGH ENERGY/EXCITED	energetic, enthusiastic, excited, playful, rejuvenated, talkative, pumped, motivated, driven, determined, obsessed, jittery
INVISIBLE	forgotten, overlooked, unimportant, invisible, disregarded, lost
LOVING	affectionate, cozy, passionate, romantic, sexy, warm, tender, responsive, thankful, appreciative, refreshed, pleased, comforted, reassured
LOW ENERGY	beaten down, exhausted, tired, weak, listless, depressed, detached, withdrawn, indifferent, apathetic, lazy, bored
OVERWHELMED	apprehensive, boxed in, burdened, confused, distressed, guarded, hard-pressed, paralyzed, panicky, tense, weighted down, edgy
PEACEFUL	relieved, at ease, calm, comforted, cool, relaxed, composed, protected
SAD	unhappy, crushed, dejected, depressed, desperate, hopeless, grieved, heavy, despairing, weep
TRAUMATIZED	shocked, disturbed, injured, damaged, unloved, unlovable, hated