

PLEASANT FEELINGS

OPEN

Understanding
Confident
Reliable
Easy
Amazed
Free
Sympathetic
Interested
Satisfied
Receptive
Accepting
Kind

LOVE

Loving
Considerate
Affectionate
Sensitive
Tender
Devoted
Attracted
Passionate
Admiration
Warm
Touched
Sympathy
Close
Loved
Comforted
Drawn toward

INTERESTED

Concerned
Affected
Fascinated
Intrigued
Absorbed
Inquisitive
Nosy
Snoopy
Engrossed
Curious

HAPPY

Great
Gay
Joyous
Lucky
Fortunate
Delighted
Overjoyed
Gleeful
Important
Festive
Satisfied
Glad
Sunny
Ecstatic
Gleeful
Merry
Elated
Jubilant

ALIVE

Playful
Courageous
Energetic
Liberated
Optimistic
Provocative
Impulsive
Free
Frisky
Animated
Spirited
Thrilled
Wonderful

STRONG

Impulsive
Sure
Certain
Unique
Dynamic
Hardy
Secure
Tenacious

POSITIVE

Eager
Keen
Earnest
Intent
Inspired
Determined
Excited
Enthusiastic
Bold
Brave
Daring
Challenged
Optimistic

GOOD

Calm
Peaceful
At Ease
Comfortable
Pleased
Encouraged
Clever
Surprised
Content
Quiet
Certain
Relaxed
Serene
Free and Easy
Bright
Blessed
Reassured
Confident
Hopeful

DIFFICULT FEELINGS

ANGRY

Irritated
Enraged
Hostile
Insulting
Annoyed
Upset
Hateful
Unpleasant
Offensive
Bitter
Aggressive
Resentful
Inflamed
Provoked
Incensed
Worked up
Boiling
Fuming
Indignant
Cross
Infuriated

SAD

Tearful
Sorrowful
Pained
Grief
Anguish
Desolate
Desperate
Pessimistic
Unhappy
Lonely
Grieved
Mournful
Dismayed
A sense of loss

CONFUSED

Upset
Doubtful
Uncertain
Indecisive
Perplexed
Embarrassed
Hesitant
Shy

Stupified
Disillusioned
Unbelieving
Skeptical
Distrustful
Misgiving
Wearry
Lost
Unsure
Pessimistic
Flustered
Baffled

DEPRESSED

Lousy
Discouraged
Ashamed
Powerless
Diminished
Guilty
Dissatisfied
Miserable
Detestable
Repugnant
Despicable
Disgusting
Terrible
In Despair
Sulky

HELPLESS

Incapable
Alone
Paralyzed
Fatigued
Useless
Vulnerable
Empty
Despair
Frustrated
Distressed
Woeful
Despondent
Hesitant
Forced

INDIFFERENT

Insensitive
Dull
Nonchalant
Neutral
Reserved
Blase
Bored
Preoccupied
Cold
Disinterested
Lifeless

AFRAID

Fearful
Terrified
Anxious
Alarmed
Panicked
Scared
Nervous
Frightened
Shaky
Threatened
Wary
Timid
Restless

HURT

Crushed
Deprived
Dejected
Injured
Rejected
Offended
Afflicted
Heartbroken
Agonized
Agonized
Humiliated
Wronged
Alienated