



Feeling List

FEARFUL

Tense
Anxious
Afraid
Nervous
Worried
Concerned
Scared
Insecure

ANGRY

Frustrated
Annoyed
Irritated
Perturbed
Ticked Off
Livid
Outraged
Furious
Seething
Venomous
Aggravated
Insulted
Resentful
Indignant

GUILTY

Ashamed
Judged
Damned
Convicted
Condemned
Undeserving
Sentenced
Disgraceful
Villainous
Remorseful
Contemptible

LOW SELF-WORTH

Demeaned
Rejected
Worthless
Useless
Inadequate
Insignificant
Unimportant
Ignored
Left out
Humiliated
Despicable
Pathetic
Shy
Timid

SAD

Dejected
Depressed
Melancholy
Sorrowful
Dismal
Despondent

Blue

Down

Gloomy

Glum

Forlorn

Low

LONELY

Empty
Abandoned
Void
Hollow
Nothingness

Aloneness

Sunken

Desolate

Bleak

Withdrawn

Detached

Aloof

Distant

DESPAIR

Hopeless
Agony
Anguish
Helpless
Defeated
Destitute
Sterile

Deficient

Lacking

DRAINED

Depleted
Spent
Exhausted
Burdened
Consumed
Devoured
Tired
Used
Abused
Dissipated
Discounted
Weary
Dead

RELAXED

Tranquil
Placid
Serene
Collected
Quiet
Composed
Soothed
Sedate

WORTHWHILE

Useful
Valuable
Functional
Effective
Helpful
Okay
Important
Self-esteem
Valid

HOPEFUL

Optimistic
Encouraged
Heartened
Eager
Reassured
Supported
Strengthened

Able

Empowered

FULFILLED

Accomplished
Complete
Satisfied
Secure
Whole
Settled
Perfected
Contented
Sated
Intact
Definite
MOTIVATED
Inspired
Stimulated
Activated
Actuated
Triggered
Prompted
Fired up
Determined
Committed

CONFIDENT

Assured
Sure
Certain
Positive
Safe
Stable
Convinced
Definite
Empathic
Graceful
Balanced
Grounded
Calm
Brave
Proud

HAPPY

Cheerful
Delighted
Glad
Pleased
Fortunate
Ecstatic
Elated
Jubilant
Thrilled
Bright

ENERGIZED

Aroused
Excited
Exhilarated
Captivated
Fascinated
Enthused
Wild
Delirious
Electrified
Charged
Ready

NEW WORDS

