

Pleasant Feelings

OPEN

understanding

confident

reliable

easy

amazed

free

sympathetic

interested

satisfied

receptive

accepting

kind

HAPPY

great

gay

joyous

lucky

fortunate

delighted

overjoyed

gleeful

thankful

important

festive

ecstatic

satisfied

glad

cheerful

sunny

merry

elated

jubilant

ALIVE

playful

courageous

energetic

liberated

optimistic

provocative

impulsive

free

frisky

animated

spirited

thrilled

wonderful

GOOD

calm

peaceful

at ease

comfortable

pleased

encouraged

clever

surprised

content

quiet

certain

relaxed

serene

free and easy

bright

blessed

reassured

LOVE

loving

considerate

affectionate

sensitive

tender

devoted

attracted

passionate

admiration

warm

touched

sympathy

INTERESTED

concerned

affected

fascinated

intrigued

absorbed

inquisitive

nosy

snoopy

engrossed

curious

POSITIVE

eager

keen

earnest

intent

anxious

inspired

determined

excited

enthusiastic

bold

brave

daring

STRONG

impulsive

free

sure

certain

rebellious

unique

dynamic

tenacious

hardy

secure

close
loved
comforted
drawn toward

challenged
optimistic
re-enforced
confident
hopeful

Difficult/Unpleasant Feelings

ANGRY

irritated
enraged
hostile
insulting
sore
annoyed
upset
hateful
unpleasant
offensive
bitter
aggressive
resentful
inflamed
provoked
incensed
infuriated
cross
worked up
boiling
fuming
indignant

DEPRESSED

lousy
disappointed
discouraged
ashamed
powerless
diminished
guilty
dissatisfied
miserable
detestable
repugnant
despicable
disgusting
abominable
terrible
in despair
sulky
bad
a sense of loss

CONFUSED

upset
doubtful
uncertain
indecisive
perplexed
embarrassed
hesitant
shy
stupefied
disillusioned
unbelieving
skeptical
distrustful
misgiving
lost
unsure
uneasy
pessimistic
tense

HELPLESS

incapable
alone
paralyzed
fatigued
useless
inferior
vulnerable
empty
forced
hesitant
despair
frustrated
distressed
woeful
pathetic
tragic
in a stew
dominated

INDIFFERENT

insensitive
dull
nonchalant

AFRAID

fearful
terrified
suspicious

HURT

crushed
tormented
deprived

SAD

tearful
sorrowful
pained

| | | | |
|---------------|------------|-------------|-------------|
| neutral | anxious | pained | grief |
| reserved | alarmed | tortured | anguish |
| weary | panic | dejected | desolate |
| bored | nervous | rejected | desperate |
| preoccupied | scared | injured | pessimistic |
| cold | worried | offended | unhappy |
| disinterested | frightened | afflicted | lonely |
| lifeless | timid | aching | grieved |
| | shaky | victimized | mournful |
| | restless | heartbroken | dismayed |
| | doubtful | agonized | |
| | threatened | appalled | |
| | cowardly | humiliated | |
| | quaking | wronged | |
| | menaced | alienated | |
| | wary | | |