

## Positive Feelings

Accepting	comforted	glad
Admiration	confident	good
Affectionate	considerate	great
Alive	content	happy
Amazed	courageous	hopeful
Animated	curious	important
Anxious	determined	impulsive
at ease	devoted	inquisitive
attracted	eager	inspired
blessed	ecstatic	intent
bold	elated	interested
brave	encouraged	intrigued
calm	energetic	joyful
certain	enthusiastic	kind
challenged	excited	liberated
cheerful	festive	loved
clever	fortunate	loving
close	free	lucky
comfortable	frisky	optimistic



passionate	relaxed	thankful
peaceful	reliable	thrilled
playful	satisfied	touched
pleased	secure	understanding
positive	serene	unique
provocative	spirited	warm
quiet	strong	wonderful
reassured	sure	
rebellious	surprised	
receptive	sympathetic	

## Unpleasant Feelings

afraid	discouraged	hurt
aggressive	disgusting	Incapable
alienated	disillusioned	indifferent
Angry	dissatisfied	indignant
annoyed	distressed	inferior
anxious	distrustful	infuriated
appalled	embarrassed	irritated
ashamed	empty	lonely
bitter	enraged	lost
bored	fearful	lousy
cold	frustrated	miserable
confused	guilty	nervous
crushed	hateful	offended
depressed	heartbroken	pained
deprived	Helpless	panic
despair	hesitant	Paralyzed
desperate	hostile	pathetic
disappointed	humiliated	pessimistic

# Sharon Martin

live well and love your life

powerless	skeptical	uncertain
preoccupied	sorrowful	uneasy
provoked	suspicious	unhappy
rejected	tearful	unsure
resentful	tense	upset
reserved	terrible	Useless
restless	terrified	victimized
sad	threatened	vulnerable
scared	Tired	worried
shaky	tormented	wronged
shy	tortured	