|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Pleasant Feelings** |  |  |  | | | |
| OPEN | | | | HAPPY | ALIVE | GOOD |
| understanding | | | | great | playful | calm |
| confident | | | | gay | courageous | peaceful |
| reliable | | | | joyous | energetic | at ease |
| easy | | | | lucky | liberated | comfortable |
| amazed | | | | fortunate | optimistic | pleased |
| free | | | | delighted | provocative | encouraged |
| sympathetic | | | | overjoyed | impulsive | clever |
| interested | | | | gleeful | free | surprised |
| satisfied | | | | thankful | frisky | content |
| receptive | | | | important | animated | quiet |
| accepting | | | | festive | spirited | certain |
| kind | | | | ecstatic | thrilled | relaxed |
|  | | | | satisfied | wonderful | serene |
|  | | | | glad |  | free and easy |
|  | | | | cheerful |  | bright |
|  | | | | sunny |  | blessed |
|  | | | | merry |  | reassured |
|  | | | | elated |  |  |
|  | | | | jubilant |  |  |
|  |  |  |  | | | |
| LOVE | | | | INTERESTED | POSITIVE | STRONG |
| loving | | | | concerned | eager | impulsive |
| considerate | | | | affected | keen | free |
| affectionate | | | | fascinated | earnest | sure |
| sensitive | | | | intrigued | intent | certain |
| tender | | | | absorbed | anxious | rebellious |
| devoted | | | | inquisitive | inspired | unique |
| attracted | | | | nosy | determined | dynamic |
| passionate | | | | snoopy | excited | tenacious |
| admiration | | | | engrossed | enthusiastic | hardy |
| warm | | | | curious | bold | secure |
| touched | | | |  | brave |  |
| sympathy | | | |  | daring |  |
| close | | | |  | challenged |  |
| loved | | | |  | optimistic |  |
| comforted | | | |  | re-enforced |  |
| drawn toward | | | |  | confident |  |
|  | | | |  | hopeful |  |
|  |  |  |  | | | |
| **Difficult/Unpleasant Feelings** |  |  |  | | | |
| ANGRY | | | | DEPRESSED | CONFUSED | HELPLESS |
| irritated | | | | lousy | upset | incapable |
| enraged | | | | disappointed | doubtful | alone |
| hostile | | | | discouraged | uncertain | paralyzed |
| insulting | | | | ashamed | indecisive | fatigued |
| sore | | | | powerless | perplexed | useless |
| annoyed | | | | diminished | embarrassed | inferior |
| upset | | | | guilty | hesitant | vulnerable |
| hateful | | | | dissatisfied | shy | empty |
| unpleasant | | | | miserable | stupefied | forced |
| offensive | | | | detestable | disillusioned | hesitant |
| bitter | | | | repugnant | unbelieving | despair |
| aggressive | | | | despicable | skeptical | frustrated |
| resentful | | | | disgusting | distrustful | distressed |
| inflamed | | | | abominable | misgiving | woeful |
| provoked | | | | terrible | lost | pathetic |
| incensed | | | | in despair | unsure | tragic |
| infuriated | | | | sulky | uneasy | in a stew |
| cross | | | | bad | pessimistic | dominated |
| worked up | | | | a sense of loss | tense |  |
| boiling | | | |  |  |  |
| fuming | | | |  |  |  |
| indignant | | | |  |  |  |
|  |  |  |  | | | |
| INDIFFERENT | | | | AFRAID | HURT | SAD |
| insensitive | | | | fearful | crushed | tearful |
| dull | | | | terrified | tormented | sorrowful |
| nonchalant | | | | suspicious | deprived | 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 |  |  |