

A Vocabulary of Emotions: *I Feel* _____

	Happy	Caring	High/Low Confidence	High/Low Energy	Vulnerable	Apathetic	Fearful	Sad	Angry	Confused
Mild <i>"A little"</i> <i>"A little bit"</i> <i>"slightly"</i> <i>"mildly"</i>	Glad Grateful Pleased Content Satisfied Pleased Good	Appreciative Friendly Interested in Intrigued by Tender Understanding Warmly toward Connected	Committed Competent Dedicated Determined Focused Self-conscious Weak Ineffective	Calm Chill Laid back Open Serene "Out of gas"	Bashful Chagrined Embarrassed Hesitant Reluctant Sheepish Startled Surprised Ill at ease	Disinterested Dull Flat Distant	Cautious On edge Shy Tense Tentative Timid Uncomfortable Uneasy Jittery	Disappointed Down Glum In a funk Lonely Low Somber Subdued Unhappy Excluded	Annoyed Bugged Frustrated Grouchy Impatient Irritated Miffed Raw Sullen	Bothered Distracted Uncertain Undecided Unsettled Unsure
Medium	Cheerful Delighted In high spirits Jovial Light-hearted Merry Optimistic Playful Up beat Wonderful	Admiring Affectionate Close to Compassionate Concern for Empathetic Loving Trusting Warm-hearted Fond of	Brave Hopeful Optimistic Proud Receptive Resilient Inadequate Devalued Deficient Small	Awake Eager Excited Lazy Relaxed Tired Worn out Depleted	Apologetic Contrite Crummy Exposed Guilty Regretful Remorseful Sorry Less than Unimportant	Aloof Bored Vacant Indifferent Unaffected	Afraid Alarmed Anxious Apprehensive Frightened Worried Nervous Scared On-edge Jumpy	Dejected Disconnected Discouraged Distressed Gloomy Hurt Insignificant Melancholy Upset	Aggravated Agitated Defensive Dismayed Exasperated Indignant Mad Pissed off Resentful	Bewildered Blurry Foggy Lost Misunderstood Perplexed Puzzled Stuck
Strong <i>"extremely"</i> <i>"really"</i> <i>"very"</i> <i>"super"</i>	Amazed Ecstatic Elated Euphoric Exhilarated Overjoyed Thrilled Fantastic Terrific Sensational	Adoring Crazy about Devoted Enamored Engrossed Fascinated Passionate Protective of Wild about Zealous	Inspired Daring Brash Bold Trapped Crippled Inferior	Energetic Enthusiastic Exhausted Fatigued Pumped up Weary	Ashamed Delinquent Disgraced Horrible Humiliated Inept Mortified Useless Worthless		Distressed Horried Intimidated Panicked Paralyzed Petrified Shocked Terrified	Awful Crushed Depressed Desolate Despondent Grieved Hopeless Miserable	Bitter Disgusted Enraged Furious Irate Outraged Vengeful Vindictive	Baffled Confounded Overwhelmed Powerless Rattled Shocked Stumped Stunned Taken-aback