

TOOLS

Emotional Field — Feeling Vocabulary

Peaceful <ul style="list-style-type: none"> • calm • content • comfortable • satisfied • serene • relaxed • fulfilled • relieved • quiet • carefree • centered • refreshed • free • blissful • expansive • mellow 	Loving <ul style="list-style-type: none"> • warm • affectionate • open • friendly • compassionate • grateful • kind • touched • passionate • infatuation • radiant • moved • tender • sexy • thankful • appreciative 	Glad <ul style="list-style-type: none"> • happy • joyful • cheerful • encouraged • delighted • excited • elated • proud • hopeful • confident • optimistic • merry • glorious • ecstatic • exhilarated • wonderful 	Playful <ul style="list-style-type: none"> • energetic • goofy • thrilled • exuberant • alive • giddy • adventurous • mischievous • effervescent • jubilant • invigorated • amused • impish • silly • electrified • lively 	Interested <ul style="list-style-type: none"> • fascinated • intrigued • curious • engrossed • inquisitive • enthusiastic • eager • astonished • intense • absorbed • focused • inspired • animated • alert • stimulated • surprised
Mad <ul style="list-style-type: none"> • frustrated • aggravated • disgusted • resentful • angry • grouchy • irritable • hostile • enraged • furious • exasperated • indignation • displeased • mean • bitter • impatient • annoyed 	Sad <ul style="list-style-type: none"> • lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed • depressed • discouraged • melancholy • forlorn • brokenhearted 	Scared <ul style="list-style-type: none"> • afraid • nervous • insecure • worried • fearful • helpless • vulnerable • concerned • anxious • terrified • shocked • horrified • wary • frightened • alarmed • dread • powerless 	Tired <ul style="list-style-type: none"> • fatigued • indifferent • lethargic • hopeless • exhausted • withdrawn • apathetic • disinterested • sleepy • dull • bored • reluctant • distant • detached • weary • pessimistic • fidgety 	Confused <ul style="list-style-type: none"> • torn • uncomfortable • hesitant • troubled • disturbed • suspicious • restless • perplexed • uneasy • puzzled • embarrassed • unsteady • skeptical • overwhelmed • hurt • surprised • dismayed