Emotional Field — Feeling Vocabulary

Peaceful	Loving	Glad	Playful	Interested
• calm	• warm	happy	energetic	 fascinated
content	 affectionate 	• joyful	• goofy	intrigued
comfortable	• open	• cheerful	thrilled	• curious
 satisfied 	• friendly	 encouraged 	 exuberant 	 engrossed
• serene	 compassionate 	 delighted 	alive	inquisitive
 relaxed 	grateful	 excited 	• giddy	enthusiastic
 fulfilled 	• kind	 elated 	 adventurous 	• eager
 relieved 	 touched 	• proud	 mischievous 	 astonished
• quiet	 passionate 	hopeful	 effervescent 	• intense
 carefree 	 infatuation 	 confident 	• jubilant	 absorbed
 centered 	 radiant 	 optimistic 	 invigorated 	 focused
 refreshed 	 moved 	• merry	 amused 	 inspired
• free	 tender 	 glorious 	• impish	 animated
blissful	• sexy	 ecstatic 	• silly	• alert
 expansive 	 thankful 	 exhilarated 	 electrified 	 stimulated
 mellow 	 appreciative 	 wonderful 	• lively	 surprised
Mad	Sad	Scared	Tired	Confused
Mad • frustrated	Sad • lonely	Scared • afraid	Tired • fatigued	• torn
frustrated aggravated disgusted	lonelydisappointedheavy	• afraid	fatiguedindifferentlethargic	• torn
• frustrated • aggravated	lonelydisappointed	• afraid • nervous	fatigued indifferent	tornuncomfortablehesitanttroubled
frustrated aggravated disgusted	lonelydisappointedheavysorrowfulunhappy	afraidnervousinsecureworriedfearful	fatiguedindifferentlethargic	torn uncomfortable hesitant troubled disturbed
frustrated aggravated disgusted resentful	lonelydisappointedheavysorrowfulunhappydespondent	afraidnervousinsecureworriedfearfulhelpless	fatiguedindifferentlethargichopelessexhaustedwithdrawn	tornuncomfortablehesitanttroubled
frustrated aggravated disgusted resentful angry	 lonely disappointed heavy sorrowful unhappy despondent disheartened 	afraidnervousinsecureworriedfearful	 fatigued indifferent lethargic hopeless exhausted withdrawn apathetic 	 torn uncomfortable hesitant troubled disturbed suspicious restless
frustratedaggravateddisgustedresentfulangrygrouchy	 lonely disappointed heavy sorrowful unhappy despondent disheartened blue 	afraidnervousinsecureworriedfearfulhelpless	fatiguedindifferentlethargichopelessexhaustedwithdrawn	 torn uncomfortable hesitant troubled disturbed suspicious restless perplexed
frustrated aggravated disgusted resentful angry grouchy irritable	 lonely disappointed heavy sorrowful unhappy despondent disheartened blue miserable 	 afraid nervous insecure worried fearful helpless vulnerable 	 fatigued indifferent lethargic hopeless exhausted withdrawn apathetic 	 torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious	 lonely disappointed heavy sorrowful unhappy despondent disheartened blue miserable dejected 	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified 	 fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested 	 torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated	 lonely disappointed heavy sorrowful unhappy despondent disheartened blue miserable dejected grief 	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified shocked 	 fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested sleepy dull bored 	 torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated indignation	• lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified shocked horrified 	fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested sleepy dull bored reluctant	torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled embarrassed unsteady
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated	• lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed • depressed	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified shocked horrified wary 	fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested sleepy dull bored reluctant distant	torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled embarrassed unsteady skeptical
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated indignation	• lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed • depressed • discouraged	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified shocked horrified wary frightened 	fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested sleepy dull bored reluctant	torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled embarrassed unsteady
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated indignation displeased mean bitter	• lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed • depressed • discouraged • melancholy	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified shocked horrified wary frightened alarmed 	fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested sleepy dull bored reluctant detached weary	torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled embarrassed unsteady skeptical overwhelmed hurt
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated indignation displeased mean bitter impatient	• lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed • depressed • discouraged • melancholy • forlorn	• afraid • nervous • insecure • worried • fearful • helpless • vulnerable • concerned • anxious • terrified • shocked • horrified • wary • frightened • alarmed • dread	• fatigued • indifferent • lethargic • hopeless • exhausted • withdrawn • apathetic • disinterested • sleepy • dull • bored • reluctant • distant • detached • weary • pessimistic	torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled embarrassed unsteady skeptical overwhelmed hurt surprised
frustrated aggravated disgusted resentful angry grouchy irritable hostile enraged furious exasperated indignation displeased mean bitter	• lonely • disappointed • heavy • sorrowful • unhappy • despondent • disheartened • blue • miserable • dejected • grief • distressed • depressed • discouraged • melancholy	 afraid nervous insecure worried fearful helpless vulnerable concerned anxious terrified shocked horrified wary frightened alarmed 	fatigued indifferent lethargic hopeless exhausted withdrawn apathetic disinterested sleepy dull bored reluctant detached weary	torn uncomfortable hesitant troubled disturbed suspicious restless perplexed uneasy puzzled embarrassed unsteady skeptical overwhelmed hurt