

Feelings List

Accepting / Open	Angry / Annoyed	Connected / Loving	Disconnected / Numb	Fragile	Stressed / Tense
Calm	Agitated	Accepting	Aloof	Helpless	Anxious
Centered	Aggravated	Affectionate	Bored	Sensitive	Burned out
Content	Bitter	Caring	Confused	Grateful	Cranky
Fulfilled	Contempt	Compassion	Distant	Appreciative	Depleted
Patient	Cynical	Empathy	Empty	Blessed	Edgy
Peaceful	Disdain	Fulfilled	Indifferent	Delighted	Exhausted
Present	Disgruntled	Present	Isolated	Fortunate	Frazzled
Relaxed	Disturbed	Safe	Lethargic	Grace	Overwhelm
Serene	Edgy	Warm	Listless	Humbled	Rattled
Trusting	Exasperated	Worthy	Removed	Lucky	Rejecting
	Frustrated	Curious	Resistant	Moved	Restless
Aliveness / Joy	Furious	Engaged	Shut Down	Thankful	Shaken
Amazed	Grouchy	Exploring	Uneasy	Touched	Tight
Awe	Hostile	Fascinated	Withdrawn	Guilt	Weary
Bliss	Impatient	Interested		Regret	Worn out
Delighted	Irritated	Intrigued	Embarrassed / Shame	Remorseful	
Eager	Irate	Involved	Ashamed	Sorry	Unsettled / Doubt
Ecstatic	Moody	Stimulated	Humiliated		Apprehensive
Enchanted	On edge	Despair / Sad	Inhibited	Hopeful	Concerned
Energized	Outraged	Anguish	Mortified	Encouraged	Dissatisfied
Engaged	Pissed	Depressed	Self-conscious	Expectant	Disturbed
Enthusiastic	Resentful	Despondent	Useless	Optimistic	Grouchy
Excited	Upset	Disappointed	Weak	Trusting	Hesitant
Free	Vindictive	Discouraged	Worthless	Powerless	Inhibited
Happy		Forlorn		Impotent	Perplexed
Inspired	Courageous / Powerful	Gloomy	Fear	Incapable	Questioning
Invigorated	Adventurous	Grief	Afraid	Resigned	Rejecting
Lively	Brave	Heartbroken	Anxious	Trapped	Reluctant
Passionate	Capable	Hopeless	Apprehensive	Victim	Shocked
Playful	Confident	Lonely	Frightened	Tender	Skeptical
Radiant	Daring	Longing	Hesitant	Calm	Suspicious
Refreshed	Determined	Melancholy	Nervous	Caring	Ungrounded
Rejuvenated	Free	Sorrow	Panic	Loving	Unsure
Renewed	Grounded	Teary	Paralyzed	Reflective	Worried
Satisfied	Proud	Unhappy	Scared	Self-loving	
Thrilled	Strong	Upset	Terrified	Serene	
Vibrant	Worthy	Weary	Worried	Vulnerable	
	Valiant	Yearning		Warm	

Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden