

Feelings words

Pleasant feelings

Open	Happy	Alive	Good
Understanding	Joyous	Playful	Calm
Confident	Lucky	Courageous	Peaceful
Reliable	Fortunate	Energetic	At ease
Easy	Delighted	Liberated	Comfortable
Amazed	Overjoyed	Optimistic	Pleased
Free	Thankful	Provocative	Encouraged
Interested	Important	Impulsive	Clever
Satisfied	Festive	Free	Surprised
Receptive	Ecstatic	Frisky	Content
Accepting	Satisfied	Animated	Quiet
Kind	Glad	Elated	Certain
Approachable	Cheerful	Spirited	Relaxed
	Sunny	Thrilled	Serene
	Merry	Wonderful	Free and easy
		Hyperactive	Bright
			Blessed
			Reassured

Pleasant feelings

Love

Considerate
Affectionate
Sensitive
Tender
Devoted
Attracted
Passionate
Admiration
Warm
Touched
Sympathy
Close Loved
Comforted
Drawn Toward
Secure

Interested

Concerned
Affected
Fascinated
Intrigued
Absorbed
Inquisitive
Nosy
Snoopy
Engrossed
Curious
Stimulated

Positive

Eager
Keen
Intent
Anxious
Inspired
Determined
Excited
Enthusiastic
Bold
Brave
Daring
Challenged
Optimistic
Re-enforced
Confident
Hopeful
Passionate

Strong

Impulsive
Free
Sure
Certain
Rebellious
Unique
Dynamic
Tenacious
Secure
Stubborn

Difficult/Unpleasant feelings

Angry	Depressed	Confused	Helpless
Irritated	Disappointed	Doubtful	Incapable
Enraged	Discouraged	Uncertain	Alone
Hostile	Ashamed	Indecisive	Paralysed
Insulting	Powerless	Perplexed	Fatigued
Sore	Diminished	Embarrassed	Useless
Annoyed	Guilty	Hesitant	Inferior
Upset	Dissatisfied	Shy	Vulnerable
Hateful	Miserable	Unbelieving	Empty
Unpleasant	Despicable	Sceptical	Forced
Offensive	Disgusting	Distrustful	Hesitant
Bitter	Terrible	Misgiving	Despair
Aggressive	In despair	Lost	Frustrated
Resentful	Sulky	Unsure	Distressed
Inflamed	Bag	Uneasy	Pathetic
Provoked	A sense of loss	Pessimistic	Tragic
Infuriated	Dreadful	Tense	Dominated
Cross	Low		
Boiling	Empty		
Worked up	Down in the dumps		
Wound up			
Fuming			
Mad			

Difficult/Unpleasant feelings

Indifferent

Insensitive

Dull

Neutral

Reserved

Weary

Bored

Preoccupied

Disinterested

Lifeless

Careless

On the fence

Cold

Afraid

Fearful

Terrified

Suspicious

Anxious

Alarmed

Panic

Nervous

Scared

Worried

Frightened

Timid

Shaky

Restless

Doubtful

Threatened

Cowardly

Quaking

Petrified

Hurt

Crushed

Tormented

Deprived

Pained

Tortured

Rejected

Injured

Offended

Aching

Victimized

Heartbroken

Underwhelmed

Agonized

Appalled

Humiliated

Wronged

Alienated

Damaged

Sad

Tearful

Sorrowful

Pained

Grief

Anguish

Desperate

Pessimistic

Unhappy

Lonely

Grieved

Mournful

Dismayed

Emotional