

Feelings List

POSITIVE

JOYFUL

Excited
Sexy
Energetic
Playful
Creative
Aware
Daring
Fascinating
Stimulating
Amused
Extravagant
Delightful

POWERFUL

Faithful
Important
Hopeful
Appreciated
Respected
Proud
Confident
Intelligent
Worthwhile
Valuable
Satisfied
Cheerful

PEACEFUL

Content
Thoughtful
Intimate
Loving
Trusting
Nurturing
Pensive
Relaxed
Responsive
Serene
Sentimental
Thankful

SAD

Guilty
Ashamed
Depressed
Lonely
Bored
Sleepy
Bashful
Stupid
Miserable
Inadequate
Inferior
Apathetic

NEGATIVE

MAD

Critical
Hateful
Rage
Angry
Hostile
Hurt
Skeptical
Irritated
Furious
Frustrated
Selfish
Jealous

SCARED

Anxious
Insecure
Submissive
Helpless
Confused
Rejected
Bewildered
Discouraged
Insignificant
Weak
Foolish
Embarrassed

MORE POSITIVE EMOTIONS

Happy	Caring	Upbeat
Blessed	Elated	Vibrant
Grateful	Determined	Understood
Independent	Ecstatic	Thrilled
Assertive	Enlightened	Tenacious
Brave	Encouraged	Persistent
Accepting	Gleeful	Surprised
Comforted	Kind	Sensitive
Courageous	Liberated	Self-assured
Empowered	Pleased	Secure
Forgiven	Worthy	Optimistic
Healed	Wonderful	Relieved
Blissful	Amazed	Beautiful
Apologetic	Adored	Bubbly
Chirpy	Calm	Cautious
Certain	Capable	Cherished
Glad	Comfortable	Frisky
Alert	Eager	Free
Aroused	Enlivened	Indifferent
Bold	Enthusiastic	Interested
Infatuated	Inspired	Jubilant
Liberated	Lively	Motivated
Lucky	Merry	Neutral
Overwhelmed	Overjoyed	Plain
Provocative	Reassured	Refreshed
Rejuvenated	Self-assured	Serious
Shy	Smart	Sneaky
Strong-willed	Spirited	Strong
Tolerant	Superior	Passionate
Supported	Sympathetic	Flirtatious
Astonished	Chill	Festive
Fesity	Humbled	Gracious
Gentle	Goodness	Self Control
Esteemed	Resilient	Patient
Unworried	Tranquil	Untroubled
Gratified	Fulfilled	Strengthen
Courteous	Compassionate	Civilized
Merciful	Diplomatic	Humane
Soft hearted	Tender	Affectionate
Benevolent	Giving	Efficient

MORE NEGATIVE EMOTIONS

Abused	Cowardly	Flustered
Aggressive	Crushed	Foolish
Afflicted	Defeated	Forgotten
Afraid	Defenseless	Frightened
Annoyed	Defensive	Forced
Appalled	Dependent	Fragile
Awkward	Despicable	Frantic
Argumentative	Devious	Dirty
Betrayed	Destroyed	Grieved
Broken	Distressed	Guarded
Bothered	Diminished	Heartbroken
Bummed	Distracted	Hesitant
Burdened	Disgusted	Hopeless
Complicated	Despised	Horried
Concerned	Disturbed	Humiliated
Controlled	Doomed	Hysterical
Envious	Drained	Ignored
Exasperated	Empty	Inefficient
Exposed	Enraged	Impulsive
Exploited	Fatigued	Insensitive
Incapable	Insulted	Judged
Indignant	Lazy	Lifeless
Livid	Lost	Lousy
Misinformed	Nervous	Rebellious
Melancholy	Numb	Regretful
Mistreated	Obsessed	Reluctant
Misunderstood	Offended	Resentful
Mortified	Panicked	Restless
Mournful	Powerless	Righteous
Preoccupied	Puzzled	Scattered
Shaky	Spiteful	Sulky
Tearful	Suspicious	Terrified
Timid	Tense	Threatened
Sorrowful	Wronged	Worthless
Worried	Woeful	Unsettled
Victimized	Unprotected	Unsafe
Weary	Upset	Uncertain
Perplexed	Paralyzed	Pessimistic
Abandoned	Anguished	Dazed
Arrogant	Intolerant	Irrational

CORE FEELINGS ARE: JOYFUL, POWERFUL, PEACEFUL, SAD, MAD SCARED

Feelings Wheel

