

FEELING WORDS

HAPPY

Loved, Joyful, Playful, Optimistic, Grateful, Encouraged, Proud, Respected, Seen, Inspired, Loving, Affectionate

CONFIDENT

Accepted, Trusting, Secure, Successful, Valued, Courageous, Strong, Driven

PEACEFUL

Contented, Satisfied, Relieved, Self-Assured

SAD

Despairing, Discouraged, Weepy, Fragile, Grieved, Depressed, Hurt, Ashamed, Vulnerable, Empty, Crushed, Desperate, Hopeless

ANGRY

Frustrated, Critical, Annoyed, Controlled, Mad, Bitter, Disrespected, Furious, Jealous, Grouchy, Irritated

SURPRISED

Shocked, Excited, Astonished, Disillusioned, Awestruck, Stunned, Disturbed

BAD

Guilty, Remorseful, Confused, Criticized, Numb, Overwhelmed, Exhausted, Exposed, Despised, Stressed, Pressured, Rush, Out of Control

SCARED

Fearful, Anxious, Unsettled, Frightened, Unsafe, Uneasy, Nervous, Hyper-vigilant, Cautious, Indecisive, Hesitant, Guarded, Distressed, Burdened, Threatened, Inadequate

DISGUSTED

Disappointed, Disapproving, Repelled, Appalled, Revolted, Horrified

BETRAYED

Foolish, Silly, Duped, Wounded, Let Down, Humiliated, Ridiculed, Violated, Deceived, Misled

LONELY

Invisible, Overlooked, Disregarded, Ignored, Isolated, Self-Protective, Abandoned, Rejected, Withdrawn, Misunderstood, Forgotten, Excluded