

FEELING WORDS

Unpleasant Feelings

Are you angry? Which of these words helps you pinpoint your angry feeling?

irritated, enraged, hostile, insulting, sore, annoyed, upset, hateful, unpleasant, offensive, bitter, aggressive, resentful, inflamed, provoked, incensed, infuriated, cross, worked up, boiling, fuming, indignant,...

Are you depressed? Which word better describes your depression?

lousy, disappointed, discouraged,, ashamed, powerless, diminished, guilty, dissatisfied, miserable, detestable, repugnant, despicable, disgusting, abominable, terrible, despairing, sulky, bad, lost, at a loss, sense of loss,...

Are you confused? Is there a more descriptive word for you confusion?

upset, doubtful, uncertain, indecisive, perplexed, embarrassed, hesitant, shy stupefied, disillusioned, unbelieving, skeptical, distrustful, misgiving, lost, unsure, uneasy, pessimistic, tense,...

Do you feel helpless? How are you helpless?

incapable, alone, paralyzed, fatigued, useless, inferior, vulnerable, empty, forced, hesitant, despair, frustrated, distressed, woeful, pathetic, tragic, in a stew, dominated,...

Do you feel indifferent? Why don't you care?

insensitive, dull, nonchalant, neutral, reserved, weary, bored, preoccupied, cold, disinterested, lifeless,...

Are you afraid? To what degree?

fearful, terrified, suspicious, anxious, alarmed, panicked, nervous, scared, worried, frightened, timid, shaky, restless, doubtful, threatened, cowardly, quaking, menaced, wary,...

Are you hurt? How are you hurt?

crushed, tormented, deprived, pained, tortured, dejected, rejected, injured, offended, afflicted, aching, victimized, heartbroken, agonized, appalled, humiliated, wronged, alienated,...

Are you sad?

sorrowful, pained, anguish, desolate, desperate, pessimistic, unhappy, lonely, mournful, dismayed,...

Pleasant Feelings

Are you feeling open to new ideas?

understanding, confident, reliable, easy, amazed, free, sympathetic, interested, satisfied, receptive, accepting, kind,...

Are you happy? How happy are you?

great, joyous, lucky, fortunate, delighted, overjoyed, gleeful, thankful, important, festive, ecstatic, satisfied, glad, cheerful, sunny, merry, elated, jubilant,...

Do you feel alive? In what way?

playful, courageous, energetic, liberated, optimistic, free, provocative, impulsive, frisky, animated, spirited, thrilled, wonderful,...

Feeling good? Why just "good"? Jazz it up a little!

calm, peaceful, at ease, comfortable, pleased, encouraged, clever, surprised, content, quiet, certain, relaxed, serene, free and easy, bright, blessed, reassured,...

Do you feel love in some way?

loving, considerate, affectionate, sensitive, tender, devoted, attracted, passionate, admiration, warm, touched, sympathy, close, loved, comforted, drawn toward,...

Are you interested?

concerned, affected, fascinated, intrigued, absorbed, inquisitive, nosy, snoop, engrossed, curious,...

Have a positive outlook?

eager, keen, earnest, intent, anxious, inspired, determined, excited, enthusiastic, bold, brave, daring, challenged, optimistic, reinforced, confident, hopeful,...

Do you feel strong?

impulsive, free, sure, certain, rebellious, unique, dynamic, tenacious, hardy, secure,...