

Pleasant Feelings

OPEN

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

HAPPY

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

ALIVE

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

GOOD

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

LOVE

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

INTERESTED

concerned
affected
fascinated
intrigued
absorbed
inquisitive
nosy
snoopy
engrossed
curious

POSITIVE

eager
keen
earnest
intent
anxious
inspired
determined
excited
enthusiastic
bold
brave
daring
challenged
optimistic
re-enforced
confident
hopeful

STRONG

impulsive
free
sure
certain
rebellious
unique
dynamic
tenacious
hardy
secure

Difficult/Unpleasant Feelings

ANGRY

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

DEPRESSED

lousy
disappointed
discouraged
ashamed
powerless
diminished
guilty
dissatisfied
miserable
detestable
repugnant
despicable
disgusting
abominable
terrible
in despair
sulky
bad
a sense of loss

CONFUSED

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

HELPLESS

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

INDIFFERENT

insensitive
dull
nonchalant
neutral
reserved
weary
bored
preoccupied
cold
disinterested
lifeless

AFRAID

fearful
terrified
suspicious
anxious
alarmed
panic
nervous
scared
worried
frightened
timid
shaky
restless
doubtful
threatened
cowardly
wary

HURT

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

SAD

tearful
sorrowful
pained
grief
anguish
desolate
desperate
pessimistic
unhappy
lonely
grieved
mournful
dismayed