

PLEASANT FEELINGS

OPEN	HAPPY	ALIVE	GOOD
understanding	great	playful	calm
confident	gay	courageous	peaceful
reliable	joyous	energetic	at ease
easy	lucky	liberated	comfortable
amazed	fortunate	optimistic	pleased
free	delighted	provocative	encouraged
sympathetic	overjoyed	impulsive	clever
interested	gleeful	free	surprised
satisfied	thankful	frisky	content
receptive	important	animated	quiet
accepting	festive	spirited	certain
kind	ecstatic	thrilled	relaxed
	satisfied	wonderful	serene
	glad	POSITIVE	free and easy
LOVE	cheerful	eager	bright
loving	sunny	keen	blessed
considerate	merry	earnest	reassured
affectionate	elated	intent	
sensitive	jubilant	anxious	
tender		inspired	
devoted	INTERESTED	determined	STRONG
attracted	concerned	excited	impulsive
passionate	affected	enthusiastic	free
admiration	fascinated	bold	sure
warm	intrigued	brave	certain
touched	absorbed	daring	rebellious
sympathy	inquisitive	challenged	unique
close	nosy	optimistic	dynamic
loved	snoopy	re-enforced	tenacious
comforted	engrossed	confident	hardy
drawn toward	curious	hopeful	secure

Difficult/Unpleasant Feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS
irritated	lousy	upset	incapable
enraged	disappointed	doubtful	alone
hostile	discouraged	uncertain	paralyzed
insulting	ashamed	indecisive	fatigued
sore	powerless	perplexed	useless
annoyed	diminished	embarrassed	inferior
upset	guilty	hesitant	vulnerable
hateful	dissatisfied	shy	empty
unpleasant	miserable	stupefied	forced
offensive	detestable	disillusioned	hesitant
bitter	repugnant	unbelieving	despair
aggressive	despicable	skeptical	frustrated
resentful	disgusting	distrustful	distressed
inflamed	abominable	misgiving	woeful
provoked	terrible	lost	pathetic
incensed	in despair	unsure	tragic
infuriated	sulky	uneasy	in a stew
cross	bad	pessimistic	dominated
worked up	a sense of loss	tense	AFRAID
boiling		HURT	fearful
fuming	SAD	crushed	terrified
indignant	tearful	tormented	suspicious
	sorrowful	deprived	anxious
INDIFFERENT	pained	pained	alarmed
insensitive	grief	tortured	panic
dull	anguish	dejected	nervous
nonchalant	desolate	rejected	scared
reserved	desperate	injured	worried
weary	pessimistic	offended	frightened
bored	unhappy	afflicted	timid
preoccupied	lonely	aching	shaky
cold	grieved	victimized	restless
disinterested	mournful	heartbroken	doubtful
lifeless	dismayed	agonized	threatened
		appalled	cowardly
		humiliated	quaking
		wronged	menaced
		alienated	wary