

## Feelings List

|               |              |             |             |                |
|---------------|--------------|-------------|-------------|----------------|
| Accepting     | Critical     | Furious     | Lucky       | Revengeful     |
| Aggravated    | Curious      | Giddy       | Mad         | Righteous      |
| Agitated      | Depressed    | Grievous    | Mean        | Sad            |
| Alive         | Disappointed | Grounded    | Mellow      | Sassy          |
| Angry         | Disconnected | Grumpy      | Mischievous | Scared         |
| Anxious       | Embarrassed  | Guilty      | Moody       | Self conscious |
| Ashamed       | Empowered    | Happy       | Nervous     | Sensitive      |
| Awestruck     | Empty        | Honoured    | Nice        | Special        |
| Awkward       | Encouraged   | Humiliated  | Obstinate   | Smart          |
| Balanced      | Energized    | Hurt        | Ordinary    | Smitten        |
| Blessed       | Enlightened  | Hurtful     | Overwhelmed | Strengthened   |
| Bored         | Enraged      | Impatient   | Panicked    | Strong         |
| Brave         | Entertained  | Included    | Paranoid    | Successful     |
| Brilliant     | Envious      | Invigorated | Patient     | Tense          |
| Calm          | Evil         | Invisible   | Peaceful    | Terrific       |
| Careless      | Excited      | Involved    | Petty       | Terrified      |
| Challenged    | Excluded     | Inspired    | Picky       | Threatened     |
| Concerned     | Fabulous     | Irrational  | Picked on   | Thrilled       |
| Confused      | Fearful      | Irritated   | Placated    | Tolerant       |
| Connected     | Flustered    | Jealous     | Playful     | Unbalanced     |
| Contemplative | Forgotten    | Jumpy       | Popular     | Uninhibited    |
| Content       | Free         | Left out    | Proud       | Unique         |
| Controlled    | Friendly     | Lonely      | Quiet       | Upbeat         |
| Cooperative   | Frightened   | Lost        | Rational    | Vulnerable     |
| Crazy         | Frustrated   | Loved       | Relaxed     | Wacky          |
| Creative      | Fun          | Love struck | Resentful   | Worried        |