

FEELINGS LIST

AFRAID	GLAD	MAD	SAD
Ambivalent	Amazed	Abused	Abandoned
Anxious	Amused	Aggressive	Agonized
Apprehensive	Calm	Alienated	Apologetic
Bewildered	Cherished	Angry	Burdened
Cautious	Comfortable	Apathetic	Desperate
Confused	Confident	Appalled	Disappointed
Cowardly	Content	Blamed	Discouraged
Disoriented	Determined	Bitter	Disregarded
Fearful	Delighted	Bored	Distant
Frantic	Eager	Controlled	Embarrassed
Frightened	Ecstatic	Disapproving	Empty
Hesitant	Exhilarated	Disgusted	Foolish
Insecure	Free	Enraged	Forgotten
Panicked	Fulfilled	Envious	Grief
Paranoid	Happy	Exasperated	Hopeless
Perplexed	Hopeful	Frustrated	Humiliated
Puzzled	Important	Furious	Hurt
Restless	Joyous	Guilty	Hysterical
Scared	Loving	Hostile	Impotent
Suspicious	Loose	Horrified	Isolated
Threatened	Mellow	Impatient	Jinxed
Timid	Mischievous	Indifferent	Lonely
Torn	Nurturing	Irritated	Lost
Uncertain	Optimistic	Lethargic	Miserable
	Peaceful	Manipulated	Neglected
	Playful	Negative	Overlooked
	Protective	Ornery	Regretful
	Proud	Resentful	Rejected
	Relieved	Shocked	Upset
	Respected	Smothered	Withdrawn
	Satisfied	Stubborn	Worthless
	Sympathetic	Victimized	Vulnerable