

## 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

### INTERESTED

concerned

affected

fascinated

intrigued

absorbed

inquisitive

nosy

snoopy

### POSITIVE

eager

keen

earnest

intent

anxious

inspired

determined

excited

### STRONG

impulsive

free

sure

certain

rebellious

unique

dynamic

tenacious

admiration	engrossed	enthusiastic	hardy
warm	curious	bold	secure
touched		brave	
sympathy		daring	
close		challenged	
loved		optimistic	
comforted		re-enforced	
drawn toward		confident	
		hopeful	

### **Difficult/Unpleasant Feelings**

<b>ANGRY</b>	<b>DEPRESSED</b>	<b>CONFUSED</b>	<b>HELPLESS</b>
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	

boiling  
fuming  
indignant

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  
quaking  
menaced  
wary

HURT

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

SAD

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