



# FEELINGS LIST



LOVE			ANGER		
affection	fondness	peaceful	aggravated	dislike	irritated
appreciation	grateful	sensual	agitated	envious	jealous
aroused	infatuated	sentimental	angry	exasperated	loathing
attraction	kindness	sympathy	annoyed	frustrated	outraged
caring	longing	tender	bitter	furious	rage
charmed	loving	thankful	contempt	grouchy	repelled
compassion	loyal	touched	cruel	grumpy	resentment
connected	lust	trusting	destructive	hate	revulsion
desire	passion	warm	disgusted	hostile	spite
SADNESS			FEAR		
agony	disappointed	lonely	*anxious	disturbed	overwhelmed
alienated	discouraged	melancholy	afraid	dread	panicky
anguished	disheartened	miserable	alarmed	edgy	reluctant
*bored	exhausted	pity	apprehensive	horrified	restless
*depressed	gloomy	sad	bewildered	*impatient	scared
crushed	grief	*tired	*confused	jittery	shocked
defeated	hopeless	regret	cautious	jumpy	terrified
despair	hurt	remorse	concerned	nervous	uneasy
dismayed	insecure	sorry	defensive	*numb	worried
JOY			SHAME		
alive	courageous	fascinated	optimistic	respect	ashamed
amazed	curious	giddy	overjoyed	satisfied	butt-hurt
amused	delighted	glad	peaceful	surprised	contrite
astonished	determined	happy	playful	stimulated	culpable
calm	eager	hopeful	pleased	thrilled	embarrassed
cheerful	ecstatic	inspired	proud	tranquil	guilty
compassion	encouraged	intrigued	refreshed		humiliated
confident	excited	invigorated	relaxed		mortified
content	faith	open	relieved		remorse

\* emotions that are tricky and warrant further discussion

THOUGHTS PEOPLE OFTEN MISTAKE FOR FEELINGS OF:

**ANGER** right, wrong, offended

**FEAR** attacked, disrespected, helpless, inadequate

**SHAME** stupid, inferior, worthless, not good enough

TIP:

IF IT STARTS WITH "I FEEL LIKE" OR "I FEEL THAT" IT'S A THOUGHT,

NOT A FEELING!