

FEELINGS WORDS

Happy

Content
Cheerful
Proud
Confident
Silly
Energetic
Excited
Enthusiastic
Eager
Hopeful
Optimistic
Elation

Peaceful

Calm
Loving
Affectionate
Trusting
Relaxed
Thoughtful
Caring
Thankful
Accepted
Valued
Inspired
Passionate

Fear

Shy
Nervous
Worried
Anxious
Regret
Excluded
Insecure
Embarrassed
Scared
Frightened
Terrified
Panic

Surprise

Startled
Confused
Shocked
Overwhelmed
Speechless
Curious
Amazed
Moved
Awe-struck
Crushed
Stunned
Bewildered

Sad

Bored
Tired
Lonely
Guilty
Hurt
Insignificant
Inferior
Rejected
Hopeless
Depressed
Miserable
Disappointed

Anger

Annoyed
Frustrated
Irritated
Jealous
Offended
Mad
Disgusted
Hateful
Furious
Agitated
Enraged
Hostile

More Emotions

Accepting	Grateful
Alert	Healthy
Ambitious	Helpful
Amused	Humbled
Appreciated	Interested
Assertive	Joyful
Assured	Kind
Bold	Light-hearted
Brave	Lucky
Capable	Merry
Certain	Motivated
Cherished	Okay
Comfortable	Overjoyed
Compassionate	Pleased
Considerate	Prepared
Courageous	Relieved
Courteous	Resilient
Creative	Secure
Delightful	Sensitive
Determined	Special
Easygoing	Strong
Empowered	Successful
Encouraged	Understood
Fine	Upbeat
Focused	Vibrant
Glad	Worthy
Goofy	

More Emotions

Afraid	Hysterical
Aggravated	Inadequate
Alarmed	Lost
Apprehensive	Mixed Up
Avoidant	Mortified
Awkward	Perplexed
Baffled	Resistant
Careful	Self-conscious
Cautious	Shocked
Concerned	Stressed Out
Cornered	Suspicious
Defensive	Tense
Desperate	Threatened
Distressed	Timid
Dread	Trapped
Eager	Troubled
Frantic	Uncomfortable
Frozen	Unsafe
Hesitant	Unsure
Horrorified	Vulnerable

More Emotions

Aggressive	Fuming
Alienated	Grief
Argumentative	Grouchy
Ashamed	Hateful
Awful	Helpless
Betrayed	Humiliated
Bitter	Ignored
Bothered	Impulsive
Burdened	Incapable
Cowardly	Left Out
Cranky	Let Down
Critical	Livid
Defeated	Lousy
Dejected	Melancholy
Demoralised	Misunderstood
Desperate	Outraged
Discouraged	Pessimistic
Dismayed	Quiet
Distracted	Regretful
Doubtful	Resentful
Down	Sorrowful
Envious	Spiteful
Exasperated	Uncertain
Fed Up	Unlovable
Flustered	Upset
Foolish	Violated
	Worthless