

The Vocabulary of Feelings

FEELINGS LIST (Unsorted Version)

Apprehensive	Competent	Eager	Hurt	Alarmed
Concerned	Easygoing	Hesitant	Lonely	Proud
Ambivalent	Confident	Embarrassed	Helpless	Lovable
Powerless	Apologetic	Confused	Envious	Horrorified
Loving	Panicky	Annoyed	Content	Excited
Ignored	Loyal	Perplexed	Ashamed	Curious
Empty	Impatient	Manipulated	Puzzled	Angry
Cheerful	Ecstatic	Inadequate	Misunderstood	Aggravated
Calm	Enthusiastic	Incompetent	Miserable	Peeved
Agitated	Cautious	Exasperated	Indecisive	Mournful
Perturbed	Apathetic	Contemptuous	Exhausted	Independent
Mischievous	Powerful	Accepted	Defeated	Flirtatious
Inferior	Needy	Quiet	Affectionate	Dependent
Friendly	Inhibited	Used	Nervous	Afraid
Depressed	Frustrated	Insecure	Optimistic	Mad
Appreciated	Desperate	Fearful	Insincere	Outraged
Rejected	Attractive	Disappointed	Furious	Involved
Obstinate	Remorseful	Awkward	Dismal	Generous
Isolated	Passionate	Relaxed	Anxious	Dismayed
Grateful	Intimidated	Peaceful	Relieved	Bewildered
Distressed	Guilty	Idiotic	Persecuted	Regretful
Baffled	Delighted	Glad	Incensed	Pessimistic
Resentful	Bitter	Doubtful	Gleeful	Irritated
Phony	Restless	Belligerent	Distrustful	Happy
Irate	Playful	Sad	Bored	Disgusted
Hateful	Infuriated	Pleased	Secure	Beautiful
Defiant	Hopeful	Indignant	Possessive	Seductive
Brave	Discouraged	Hopeless	Indifferent	Prejudiced
Self-reliant	Calm	Discontented	Hostile	Jealous
Preoccupied	Shy	Comfortable	Defensive	Humorous
Joyous	Pressured	Silly	Sinful	Useless
Soft	Unhappy	Sorry	Unsure	Stubborn
Unsafe	Stupid	Unsettled	Superior	Upset
Supportive	Uneasy	Suspicious	Uncomfortable	Sympathetic
Victimized	Sorrowful	Violent	Scared	Vindictive
Satisfied	Vengeful	Shaken	Vulnerable	Shameful
Weary	Seething	Spiteful	Worried	Worthless
Strong	Rebellious	Tender	Frightened	Terrified
Youthful	Threatened	Joyful	Protective	Troubled
Tense	Unappreciated	Uncertain	Tired	Uptight

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