

Difficult / Unpleasant Feelings...

ANGRY
aggressive
agitated
annoyed
antagonistic
bitter
cross
displeased
enraged
exasperated
furious
hostile
incensed
indignant
irritated
mad
provoked
resentful
upset

DEPRESSED
ashamed
blue
defeated
desperate
disappointed
discouraged
dissatisfied
down
exhausted
gloomy
guilty*
helpless
hopeless
miserable
powerless
regretful
sad
unhappy
vulnerable
weak

CONFUSED
bewildered
disillusioned
disoriented
distrustful*
doubtful
dumbfounded
embarrassed
hesitant
lost
mistaken
mixed up
perplexed
pessimistic*
shy
skeptical
tense
uncertain
uneasy
unsure
upset

HELPLESS
burned out
defeated
distressed
empty*
fatigued
frustrated
hesitant
hopeless
inadequate*
incapable*
inferior*
insecure
lonely
paralyzed
rushed
unimportant*
useless
vulnerable
weak
worthless*

INDIFFERENT
aloof
apathetic
bored
detached
disinterested
distant
lifeless
listless
lukewarm*
neutral*
preoccupied
reserved
uncaring
unconcerned
unresponsive
weary

AFRAID
alarmed
anxious
apprehensive
cautious
disturbed
doubtful
edgy
fearful
frantic
frightened
hesitant
intimidated*
nervous
panicky
restless
scared
suspicious
terrified
threatened*
worried

HURT
alienated
appalled
bothered*
bruised*
crushed
dejected
deprived
distressed
disturbed
heartbroken
humiliated
injured
insulted*
offended
rejected
tormented
tortured
used*
wounded

SAD
anguish*
desperate
disappointed
discouraged
disheartened
dismayed
dispirited
downcast
grieved
heartsick
hopeless
let down
lonely
mournful
pessimistic*
regretful
sorrowful
unfortunate
unhappy

*These words, often used to describe feelings, can contain an element of judgment. As such, be careful when using them to describe emotions. Some things to remember include: 1) Use "I statements"; 2) Avoid saying "you" and "because"; 3) Be sure to stick to the "feelings" aspect of these words, not the "judgmental" aspect.

Pleasant Feelings...

OPEN

accepted*
amazed
confident
free
harmonious
interested
loving
pleasant
receptive
responsive
satisfied
sensitive
sympathetic
trusting
understanding

HAPPY

amused
animated
cheerful
delighted
ecstatic
elated
enthusiastic
fortunate
glad
important*
joyful
lighthearted
lively
lucky
overjoyed
playful
pleased
satisfied
thankful
wonderful

ALIVE

accepted*
approved*
awesome
certain
courageous
energetic
forgiven
free
impulsive
innocent*
liberated
optimistic
playful
provocative
refreshed
relieved
sure
thrilled

GOOD

blessed
calm
certain
comfortable
confident
content
encouraged
excellent
free
gentle
hopeful
loved
patient*
peaceful
pleased
reassured
relaxed
secure
tranquil
unconcerned

LOVED/LOVING

accepted*
affectionate
appreciated*
attracted
caring
close
comforted
loved
loving
protected
safe
secure
sensitive
sympathetic
tender
touched
understood
warm

INTERESTED

aroused
attentive
attracted
concerned
curious
engrossed
enthusiastic
excited
fascinated
impressed
inquisitive
inspired
intrigued
moved
responsive
stimulated
sympathetic
touched

POSITIVE

anxious
assertive*
bold
brave
certain
challenged
confident
convinced
daring
determined
eager
enthusiastic
excited
hopeful
inspired
optimistic
reinforced*
stubborn*

STRONG

aggressive
capable*
certain
dynamic
impulsive
perceptive
powerful
rebellious
reinforced
reliable*
secure
steady
sure
tough*

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