

Feelings - generously shared by Psychpage.com

<http://www.psychpage.com/learning/library/assess/feelings.html> 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
admiration
warm
touched
sympathy
close
loved
comforted
drawn toward

INTERESTED

concerned
affected
fascinated
intrigued
absorbed
inquisitive
nosy
snoopy
engrossed
curious

POSITIVE

eager
keen
earnest
intent
anxious
inspired
determined
excited
enthusiastic
bold
brave
daring
challenged
optimistic
re-enforced
confident
hopeful

STRONG

impulsive
free
sure
certain
rebellious
unique
dynamic
tenacious
hardy
secure

Difficult/Unpleasant Feelings

ANGRY

irritated
enraged
hostile
insulting
sore
annoyed
upset
hateful
unpleasant
offensive
bitter
aggressive
resentful
inflamed
provoked
incensed
infuriated
cross
worked up
boiling
fuming

DEPRESSED

lousy
disappointed
discouraged
ashamed
powerless
diminished
guilty
dissatisfied
miserable
detestable
repugnant
despicable
disgusting
abominable
terrible
in despair
sulky
bad
a sense of loss

CONFUSED

upset
doubtful
uncertain
indecisive
perplexed
embarrassed
hesitant
shy
stupefied
disillusioned
unbelieving
skeptical
distrustful
misgiving
lost
unsure
uneasy
pessimistic
tense

HELPLESS

incapable
alone
paralyzed
fatigued
useless
inferior
vulnerable
empty
forced
hesitant
despair
frustrated
distressed
woeful
pathetic
tragic
in a stew
dominated

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