

## 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