

List of Feelings Words Session 2 Handout

List of Words You Can Use to Describe a Given Feeling

Affectionate	Devastated	Isolated
Afraid	Disappointed	Jealous
Amused	Discouraged	Joyful
Angry	Disgusted	Lonely
Annoyed	Disillusioned	Loved
Anxious	Distrustful	Loving
Apathetic	Embarrassed	Loyal
Apprehensive	Enraged	Manipulated
Ashamed	Excited	Manipulative
Bitter	Frantic	Melancholy
Bored	Frightened	Miserable
Calm	Frustrated	Misunderstood
Capable	Fulfilled	Muddled
Cheerful	Furious	Needy
Comfortable	Generous	Nervous
Competent	Glad	Numb
Concerned	Gloomy	Out of control
Confident	Grateful	Outraged
Confused	Great	Overwhelmed
Contemptuous	Guilty	Panicky
Controlled	Happy	Passionate
Curious	Hateful	Peaceful
Defeated	Helpless	Pessimistic
Dejected	Hopeless	Pleased
Delighted	Horrified	Powerful
Depressed	Hostile	Prejudiced
Desirable	Impatient	Pressured
Despairing	Inadequate	Proud
Desperate	Inhibited	Provoked
Determine	Irritated	Put down

Relaxed	Tearful	Uptight
Relieved	Tender	Used
Resentful	Terrified	Useless
Resigned	Threatened	Victimized
Sad	Thrilled	Violated
Safe	Touchy	Vulnerable
Satisfied	Trapped	Withdrawn
Secure	Troubled	Wonderful
Sexy	Unappreciated	Worn out
Shy	Uncertain	Worried
Silly	Understood	Worthwhile
Strong	Uneasy	Wronged
Stubborn	Unfulfilled	Yearning
Stuck	Unimportant	
Supportive	Unloved	
Sympathetic	Upset	

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