

# Feelings Vocabulary List

**MAD** ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked ANGRY enraged furious incensed indignant irate livid outraged resentful

**SAD** YEARNING envious jealous longing nostalgic pining wistful DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy agony anguish bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful

**GLAD** AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated HOPEFUL expectant encouraged optimistic CONFIDENT empowered open proud safe secure EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant GRATEFUL appreciative moved thankful touched INSPIRED amazed awed wonder surprised JOYFUL amused delighted glad happy jubilant pleased tickled EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting REFRESHED enlivened rejuvenated renewed rested restored revived

**FEAR** CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried

**SURPRISE** TAKEN ABACK surprised, agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset, disquiet

**DISGUST** AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed

**PHYSICAL SENSATIONS** such as pain, fatigue, tightness in chest and muscles, sleepy, jittery, are felt in the body. These are not emotions but they can influence how we feel". Choose a feeling from the list above.