

FEELINGS LIST BY GROUP

<i>afraid</i> fearful frightened intimidated terrified	guilty humiliated	grateful inspired jovial joyful kindly merry mischievous playful pleased proud powerful	spiritless <i>suspicious</i> alert vigilant wary watchful	unfriendly unhappy upset wild
<i>angry</i> aggressive contemptuous defiant enraged furious hate hateful hostile indignant mad quarrelsome rebellious sullen testy vengeful	<i>bored</i> apathetic depressed disinterested indifferent lethargic listless motivationless	<i>irritable</i> annoyed cranky cross edgy grouchy irritated touchy	<i>yearning</i> longing for <hr/> aching for <hr/> obsessed with <hr/> preoccupied with <hr/> (see also <i>lustful</i>)	
<i>angry & sad</i> abandoned abused betrayed bitter ignored rejected unappreciated	<i>compassionate</i> caring commiserating pitying protective sympathetic	<i>jealous</i> envious possessive	<u>Body Signals</u> exhausted harried hungry overloaded overwhelmed sleepy thirsty tired weak weary	
<i>anxious</i> apprehensive bashful concerned desperate distressed fidgety frantic impatient insecure jittery nervous restless scared sensitive shy tense uneasy vulnerable worried	<i>confused</i> bewildered	<i>loving</i> affectionate caring devoted (see also <i>yearning</i>)	<u>Self-image</u> arrogant confident inadequate inferior superior unworthy	
<i>ashamed</i> dirty disgusted embarrassed foolish	<i>content</i> accepted appreciated carefree comfortable composed fulfilled relaxed relieved satisfied secure serene tranquil untroubled	<i>lustful</i> desirous horny lusty passionate seductive sexual (see also <i>yearning</i>)	<u>Miscellaneous</u> craving curious defensive disgusted enthusiastic greedy hopeful hopeless impulsive lazy longing preoccupied pressured shocked sneaky surprised thoughtful uncomfortable	
	<i>emotionless</i> aloof cold distant empty indifferent insensitive numb	<i>sad</i> dejected depressed despondent disappointed gloomy grieving loss melancholy sorrowful sorry		
	<i>frustrated</i> discontented helpless thwarted trapped			
	<i>happy</i> cheerful elated euphoric excited enthusiastic exhilarated			

FEELINGS LIST - PLEASANT / UNPLEASANT

Pleasant

relaxed
serene
tranquil
cheerful
elated
hopeful
in love
powerful
comfortable
confident
enthusiastic
euphoric
exhilarated
fulfilled
devoted
happy
satisfied
content
proud
excited
grateful
joyful
playful

Neutral

lazy
lethargic
tired
greedy
rebellious
confused
indifferent
horny
preoccupied
defiant
emotionless
sleepy
surprised
thirsty
cautious
thoughtful

Unpleasant

cold
disappointed
disgusted
embarrassed
empty
frantic
gloomy
humiliated
sad
tense
trapped
wild
ashamed
exhausted
shy
impatient
isolated
uneasy
unhappy
rejected
shocked
inadequate
let down
bitter
bored
hopeless
obsessed
upset
lonely
longing (for? _____)
longing (romantic)
afraid
anxious
envious
foolish
weak
intimidated
abandoned
friendless
annoyed

ignored
jealous
uncomfortable (how so?)
desperate
suspicious
helpless
angry
depressed
inferior
overwhelmed
scared
worried
abused
pressured
apathetic
frustrated
guilty
irritable
grouchy
nervous
craving (what? _____)
wary

