



## Feeling Words

[Click here for Google Doc \(Click 'file' > 'Make a copy'\)](#)

### Feeling Words (Positive)

absorbed	enlivened	overwhelmed
adventurous	enthusiastic	peaceful
affectionate	excited	perky
alert	exhilarated	pleasant
alive	expansive	pleased
amazed	expectant	proud
amused	fascinated	quiet
animated	free	radiant
appreciative	friendly	rapturous
ardent	fulfilled	refreshed
aroused	glad	relaxed
astonished	gleeful	relieved
blissful	glorious	satisfied
breathless	glowing	secure
buoyant	good-humored	sensitive
calm	grateful	serene
carefree	gratified	spellbound
cheerful	happy	splendid
comfortable	helpful	stimulated
complacent	hopeful	surprised
composed	inquisitive	tender
concerned	inspired	thankful
confident	intense	thrilled
contented	interested	touched
cool	intrigued	tranquil
curious	invigorated	trusting
dazzled	involved	upbeat
delighted	joyous, joyful	warm
eager	jubilant	wide-awake
ebullient	keyed-up	wonderful
ecstatic	loving	zestful
effervescent	mellow	
elated	merry	
enchanted	mirthful	
encouraged	moved	
energetic	optimistic	
engrossed	overjoyed	



## Feeling Words (Negative)

afraid	distressed	listless
aggravated	disturbed	lonely
agitated	downcast	mad
alarmed	downhearted	mean
aloof	dull	miserable
angry	edgy	mopey
anguished	embarrassed	morose
annoyed	embittered	mournful
anxious	exasperated	nervous
apathetic	exhausted	numb
apprehensive	fatigued	overwhelmed
aroused	fearful	panicky
ashamed	fidgety	passive
beat	forlorn	perplexed
bewildered	frightened	pessimistic
bitter	frustrated	puzzled
blah	furious	rancorous
blue	gloomy	reluctant
bored	guilty	repelled
brokenhearted	harried	resentful
chagrined	heavy	restless
cold	helpless	sad
concerned	hesitant	scared
confused	horrified	sensitive
cool	horrible	shaky
cross	hostile	shocked
dejected	hot	skeptical
depressed	humdrum	sleepy
despairing	hurt	sorrowful
despondent	impatient	sorry
detached	indifferent	spiritless
disaffected	intense	startled
disenchanted	irate	surprised
disappointed	irked	suspicious
discouraged	irritated	tepid
disgruntled	jealous	terrified
disgusted	jittery	tired
disheartened	keyed-up	troubled
dismayed	lazy	uncomfortable
displeased	leery	unconcerned
disquieted	lethargic	uneasy



unglued  
unhappy  
unnerved  
unsteady  
upset

uptight  
vexed  
weary  
wistful  
withdrawn

woeful  
worried  
wretched

### Evaluation Words Masquerading as Feeling Words

Abandoned  
Abused  
Attacked  
Belittled  
Betrayed  
Blamed  
Coerced  
Criticized  
Harassed  
Ignored  
Insulted  
Intimidated  
Invisible  
Isolated  
Left out  
Let down  
Manipulated  
Misunderstood  
Neglected  
Patronized  
Pressured  
Put down  
Rejected  
Suffocated  
Taken for granted  
Threatened  
Unloved  
Unsupported  
Unwanted  
Used  
Victimized  
Violated