FEELINGS WORDS



afraid aggravated agitated alarmed aloof angry anguished annoyed anxious apathetic apprehensive aroused ashamed beat bewildered bitter blah blue bored brokenhearted chagrined cold concerned confused cool cross dejected depressed despairing

despondent detached disaffected disenchanted disappointed discouraged disgruntled disgusted disheartened dismayed displeased disquieted distressed disturbed downcast downhearted dull edgy embarrassed embittered exasperated

exhausted fatigued fearful fidgety forlorn frightened frustrated furious gloomy guilty harried heavy helpless hesitant horrified horrible hostile hot humdrum hurt impatient indifferent intense irate irked irritated jealous jittery keyed-up lazy leery lethargic listless lonely mad

1

| mean miserable | suspicious |
|--------------------|----------------|
| mopey morose | tepid |
| mournful | terrified |
| nervous nettled | tired |
| numb | troubled |
| overwhelmed | uncomfortable |
| panicky passive | unconcerned |
| perplexed | uneasy unglued |
| pessimistic | unhappy |
| puzzled | unnerved |
| rancorous | unsteady upset |
| reluctant | uptight vexed |
| repelled | weary wistful |
| resentful restless | withdrawn |
| sad | woeful worried |
| scared sensitive | wretched |
| shaky shocked | |
| skeptical sleepy | |
| sorrowful sorry | |
| spiritless | |
| startled | |
| surprised | |

2

Assessment words masquerading as feelings words

| Abandoned | Unloved |
|--------------------|-----------------|
| Abused | Unsupported |
| Attacked | Unwanted |
| Belittled | Used Victimized |
| Betrayed | Violated |
| 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 | |
| | |