



INNERLIFE
ADVENTURES

Feelings List

Communicating feelings is difficult for some people, but extremely important in owning our part of a relationship. Use this table to help expand your emotional vocabulary to increase effectiveness in your communication.

Pleasant Feelings

OPEN	HAPPY	ALIVE	GOOD
understanding	great	playful	calm
confident	gay	courageous	peaceful
reliable	joyous	energetic	at ease
easy	lucky	liberated	comfortable
amazed	fortunate	optimistic	pleased
free	delighted	provocative	encouraged
sympathetic	overjoyed	impulsive	clever
interested	gleeful	free	surprised
satisfied	thankful	frisky	content
receptive	important	animated	quiet
accepting	festive	spirited	certain
kind	ecstatic	thrilled	relaxed
	satisfied	wonderful	serene
	glad		free and easy
	cheerful		bright
	sunny		blessed
	merry		reassured
	elated		
	jubilant		
LOVE	INTERESTED	POSITIVE	STRONG
loving	concerned	eager	impulsive

considerate	affected	keen	free
affectionate	fascinated	earnest	sure
sensitive	intrigued	intent	certain
tender	absorbed	anxious	rebellious
devoted	inquisitive	inspired	unique
attracted	nosy	determined	dynamic
passionate	snoopy	excited	tenacious
admiration	engrossed	enthusiastic	hardy
warm	curious	bold	secure
touched		brave	
sympathy		daring	
close		challenged	
loved		optimistic	
comforted		re-enforced	
drawn toward		confident	
		hopeful	

Difficult/Unpleasant Feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS
irritated	lousy	upset	incapable
enraged	disappointed	doubtful	alone
hostile	discouraged	uncertain	paralyzed
insulting	ashamed	indecisive	fatigued
sore	powerless	perplexed	useless
annoyed	diminished	embarrassed	inferior
upset	guilty	hesitant	vulnerable
hateful	dissatisfied	shy	empty
unpleasant	miserable	stupefied	forced
offensive	detestable	disillusioned	hesitant
bitter	repugnant	unbelieving	despair
aggressive	despicable	skeptical	frustrated

resentful	disgusting	distrustful	distressed
inflamed	abominable	misgiving	woeful
provoked	terrible	lost	pathetic
incensed	in despair	unsure	tragic
infuriated	sulky	uneasy	in a stew
cross	bad	pessimistic	dominated
worked up	a sense of loss	tense	
boiling			
fuming			
indignant			

INDIFFERENT

insensitive
dull
nonchalant
neutral
reserved
weary
bored
preoccupied
cold
disinterested
lifeless

AFRAID

fearful
terrified
suspicious
anxious
alarmed
panic
nervous
scared
worried
frightened
timid
shaky
restless
doubtful
threatened
cowardly
quaking
menaced
wary

HURT

crushed
tormented
deprived
pained
tortured
dejected
rejected
injured
offended
afflicted
aching
victimized
heartbroken
agonized
appalled
humiliated
wronged
alienated

SAD

tearful
sorrowful
pained
grief
anguish
desolate
desperate
pessimistic
unhappy
lonely
grieved
mournful
dismayed

Source: www.psychpage.com