

Feelings Chart

(1/2)

Embarrassed	ASHAMED BASHFUL BLAMED BRUISED CONTRACTED EXPOSED GUILTY	FOOLISH FRAGILE FROZEN HELPLESS HUMILIATED HURT INADEQUATE	INCAPABLE IMPOTENT INHIBITED MORTIFIED POWERLESS REGRET REJECTED	REMORSEFUL RESIGNED SELF-CONSCIOUS SELFISH SENSITIVE SHAMEFUL STUPID	SORRY TAKEN ADVANTAGE OF TRAPPED VICTIM WEAK
Apathetic	ALOOF BORED COLD CONFUSED CONSTRICTED CONTAINED	DISCONNECTED DISTANT DRAINED DULL HELPLESS HOPELESS	ICY INDIFFERENT ISOLATED LETHARGIC LISTLESS LONELY	NUMB REMOVED RESISTANT SLEEPY SHUT DOWN SUBMISSIVE	TIRED UNEASY WITHDRAWN WORTHLESS
Doubtful	APPREHENSIVE BEWILDERED BLOCKED CONFUSED CONCERNED DISSATISFIED	DISTURBED DIZZY GROUCHY HARD HESITANT INHIBITED	INSECURE KNOTTED PERPLEXED QUESTIONING REJECTING RELUCTANT	SHOCKED SKEPTICAL SPACEY SUSPICIOUS UNGROUNDING UNSETTLED	UNSURE WORRIED
Sad	ANGUISH DESPAIR DEPRESSED DESPONDENT DISAPPOINTED DISCOURAGED	FORLORN GLOOMY GRIEF HARD HEARTBROKEN HEAVY	HOLLOW INSIGNIFICANT LONELY LONGING MELANCHOLY MISERABLE	REGRET SENSITIVE SORROW TEARY UNHAPPY UPSET	WEARY YEARNING
Scared	AFRAID ANXIOUS APPREHENSIVE CLAMMY CLENCHED	FEARFUL FRIGHTENED HESITANT HURT JUMPY	NAUSEOUS NERVOUS PANICKED PARALYZED QUEASY	SCARED SHAKY SHIVERY SWEATY TERRIFIED	TINGLY TREMBLY TWITCHY WOBBLY WORRIED
Stressed	ACHY ADDICTED ANXIOUS BREATHLESS BURNED OUT	CLENCHED CRANKY DEPLETED EDGY EXHAUSTED	FRAZZLED GREEDY HEAVY ITCHY OVERWHELMED	RATTLED REJECTING RESTLESS SHAKEN SUFFOCATED	STIFF TIGHT TENSE WEARY WORN-OUT
Mad	AGITATED AGGRAVATED ANGRY ANNOYED BITTER CLENCHED CONTEMPT CRITICAL	CYNICAL DISDAIN DISGRUNTLED DISTURBED EDGY ENRAGED EXASPERATED FRUSTRATED	FURIOUS GREEDY GROUCHY HARD HATEFUL HOSTILE HOT INFERIOR	IMPATIENT IRRITATED IRATE JEALOUS MOODY ON EDGE OUTRAGED PISSED	REVENGEFUL RESENTFUL RIGID STIFF UPSET VINDICTIVE

Feelings Chart

(2/2)

Powerful	ADVENTUROUS BRAVE BURNING CAPABLE	CONFIDENT COURAGEOUS DARING DETERMINED	EMPOWERED FREE GROUNDED PASSIONATE	PROUD STRONG WORTHY VALIANT
Neutral	BLANK CLEANED OUT	EMPTY HEALED	LIGHTER RELEASED	SETTLED STILL
Curious	AIRY BUZZY DESIRING	ELECTRIC ENGAGED EXPLORING	FASCINATED INTERESTED INTRIGUED	INVOLVED LOOSE STIMULATED YEARNING
Love	ACCEPTING AFFECTIONATE CALM CARING CENTERED COMPASSIONATE	CONNECTED CONTENT EMPATHY EXPANDED FORGIVING FULFILLED	HARMONIOUS LOVING OPEN PATIENT PEACEFUL PRESENT	REFLECTIVE RELAXED SAFE SELF-LOVING SERENE TENDER TRUSTING VULNERABLE WARM WORTHY
Enthusied	DESIRING ENCOURAGED	EXPECTANT HOPEFUL	INSPIRED OPTIMISTIC	TRUSTING YEARNING
Happy	ALIVE AMAZED AWE BLISS DELIGHTED EAGER	ECSTATIC ENCHANTED ENERGIZED ENTHUSIASTIC EXCITED FREE	HAPPY INSPIRED INVIGORATED JOY LIVELY PASSIONATE	PLAYFUL RADIANT REFRESHED REJUVENATED RENEWED SATISFIED THRILLED VIBRANT
Grateful	APPRECIATIVE BLESSED DELIGHTED FLOWING	FORTUNATE FULL GRACE HUMBLED	LUCKY MOVED PEACE-FILLED PEACEFUL	RELAXED SLOW THANKFUL TOUCHED