|  |  |  |  |
| --- | --- | --- | --- |
| **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 | AFRAID | HURT | SAD |
| insensitive | fearful | crushed | tearful |
| dull | terrified | tormented | sorrowful |
| nonchalant | suspicious | deprived | pained |
| neutral | anxious | pained | grief |
| reserved | alarmed | tortured | anguish |
| weary | panic | dejected | desolate |
| bored | nervous | rejected | desperate |
| preoccupied | scared | injured | pessimistic |
| cold | worried | offended | unhappy |
| disinterested | frightened | afflicted | lonely |
| lifeless | timid | aching | grieved |
|  | shaky | victimized | mournful |
|  | restless | heartbroken | dismayed |
|  | doubtful | agonized |  |
|  | threatened | appalled |  |
|  | cowardly | humiliated |  |