Naming Feelings

Happy

Content	Pleased	Satisfied	High Up	Fortunate
Delighted	Ecstatic	Exuberant	Gleeful	Joyful
Jubilant	Radiant	Effervescent	Elated	Glad
Exhilarated	Intense	Enthusiastic	Merry	Lucky

Angry

Mad	Frustrated	Furious	Irked	Outraged
Annoyed	Irritated	Disgusted	Cranky	Displeased
Cross	Disgusted	Exasperated	Fed up	Indignant
Miffed	Peeved	Ticked off	Vengeful	Vexed
Vindictive	Hateful	Hostile	Resentful	Argumentative
Aggravated	Belligerent	Offended	Agitated	Bitter
Fuming	Incensed	Livid	Sore	Wrathful

Excited

Ecstatic	Worked up	Enthusiastic	Eager	Fascinated
Thrilled	Volatile	Out of control	Beside myself	

Hate

Dislike	Bitterness	Loathing	Detest	Spiteful
Despise	Abominate			

Sad

Unhappy	Depressed	Distressed	Sorrowful	Downhearted
In the pits	Gloomy	Blue	Unhappy	Discouraged
Crestfallen	Dejected	Despairing	Forlorn	Grief-stricken
Dreary	Melancholy	Miserable	Mopey	Anguished
Pessimistic	Resigned	Somber	Torn up	Upset
Heartbroken	Mournful	Wounded	Wrecked	Despondent

Surprised

Amazed	Shocked	Blown away	Overwhelmed	Alarmed
Bewildered	In turmoil	Incredulous	Paralyzed	Upset
Appalled	Astounded	Dazzled	Caught off guard	

Relieved

Comforted	Liberated	Lifted	Freed	Change of pace

Anxious

Worried	Fearful	Troubled	Bothered	Distressed
Concerned	Agitated	Uneasy	Edgy	Fidgety
Fragmented	Frenzied	Harried	Hysterical	Impatient
Intense	Irritable	Perturbed	Rushed	Stressed
Swamped				

Hopeless

Discouraged	Insecure	Given up	Blocked	Powerless

Capable

Competent	Skillful	Bold	Prepared	Efficient
Inspired	Focused	Alert	Alive	Confident
Eager	Enthusiastic	Hopeful	Adventurous	Excited Expectant

Defensive

Protective	Guarded	Withdrawn	Avoiding	Ignoring
Resistant	Resentful			

Shameful

Humiliation	Deflation	Guilty	Insecure	Embarrassment
Mortified	Regretful	Useless	Sorry	Sheepish

Loving

Warm	Tender	Cherished	Important	Needed
Appreciative	Grateful	Thankful	Affectionate	Amorous
Devoted	Fond	Passionate	Endearing	Compassionate

Disappointed

Disturbed	Dissatisfied	Frustrated	Deluded	Defeated
Isolated	Heavy	Listless	Disgruntled	Weary
Discouraged	Tense	Disheartened	Exhausted	Fatigued

Comfortable

Calm	Soothed	Confident	Satisfied	Safe
Self-assured	Trusting	Contented	Mellow	Peaceful
Relieved	Serene	Tranquil	Playful	

Afraid

Apprehensive	Cautious	Full of Dread	Concerned	Frantic
Guarded	Terrorized	Anxious	Hesitant	Alarmed
Insecure	Jittery	Mistrusting	Nervous	In a cold sweat
On edge	Panicky	Suspicious	Wary	Worried
Uptight	Full of misgivings			

Confused

Ambivalent	Bewildered	Curious	Doubtful	Hesitant
Perplexed	Uncertain	Unclear	Undecided	Mixed-up
Disorderly	Confounded	Jumbled	Embarrassed	

Curious

Fascinated	Inquisitive	Interested	Intrigued	Yearning
Desirous	Hungry			

Detached

Aloof	Apathetic	Arrogant	Callous	Cold
Critical	Disdainful	Bored	Grouchy	Contemptuous
Indifferent	Judgmental	Nonchalant	Passive	Pityful
Prickly	Withdrawn			