

## Pleasant Feelings

<b>OPEN</b>	<b>HAPPY</b>	<b>ALIVE</b>	<b>GOOD</b>	<b>LOVE</b>	<b>INTERESTED</b>	<b>POSITIVE</b>	<b>STRONG</b>
understanding	great	playful	calm	loving	concerned	eager	impulsive
confident	joyous	courageous	peaceful	considerate	affected	keen	free
reliable	lucky	energetic	at ease	affectionate	fascinated	earnest	sure
easy	fortunate	liberated	comfortable	sensitive	intrigued	intent	certain
amazed	delighted	optimistic	pleased	tender	absorbed	anxious	rebellious
free	overjoyed	provocative	encouraged	devoted	inquisitive	inspired	unique
sympathetic	gleeful	impulsive	clever	attracted	nosy	determined	dynamic
interested	thankful	free	surprised	passionate	snoopy	excited	tenacious
satisfied	important	frisky	content	admiration	engrossed	enthusiastic	hardy
receptive	festive	animated	quiet	warm	curious	bold	secure
accepting	ecstatic	spirited	certain	touched		brave	
kind	satisfied	thrilled	relaxed	sympathy		daring	
	glad	wonderful	serene	close		challenged	
	cheerful		free and easy	loved		optimistic	
	sunny		bright	comforted		re-enforced	
	merry		blessed	drawn toward		confident	
	elated		reassured			hopeful	
	jubilant		satisfied				
	jubilant						

## Difficult/Unpleasant Feelings

<b>ANGRY</b>	<b>DEPRESSED</b>	<b>CONFUSED</b>	<b>HELPLESS</b>	<b>INDIFFERENT</b>	<b>AFRAID</b>	<b>HURT</b>	<b>SAD</b>
irritated	lousy	upset	incapable	insensitive	fearful	crushed	tearful
enraged	disappointed	doubtful	alone	dull	terrified	tormented	sorrowful
hostile	discouraged	uncertain	paralyzed	nonchalant	suspicious	deprived	pained
insulting	ashamed	indecisive	fatigued	neutral	anxious	pained	grief
sore	powerless	perplexed	useless	reserved	alarmed	tortured	anguish
annoyed	diminished	embarrassed	inferior	weary	panic	dejected	desolate
upset	guilty	hesitant	vulnerable	bored	nervous	rejected	desperate
hateful	dissatisfied	shy	empty	preoccupied	scared	injured	pessimistic
unpleasant	miserable	stupefied	forced	cold	worried	offended	unhappy
offensive	detestable	disillusioned	hesitant	disinterested	frightened	afflicted	lonely
bitter	repugnant	unbelieving	despair	lifeless	timid	aching	grieved
aggressive	despicable	skeptical	frustrated	ambivalent	shaky	victimized	mournful
resentful	disgusting	distrustful	distressed	numb	restless	heartbroken	dismayed
inflamed	abominable	misgiving	woeful	shut down	doubtful	agonized	
provoked	terrible	lost	pathetic	overwhelmed	threatened	appalled	
incensed	in despair	unsure	tragic		cowardly	humiliated	
infuriated	sulky	uneasy	in a stew		quaking	wronged	
cross	a sense of loss	pessimistic	dominated		menaced	alienated	
worked up		tense	invisible		wary		
boiling			trapped		insecure		
fuming							
indignant							