

# FEELING WORDS



INTENSITY    HAPPY    SAD    ANGRY    CONFUSED    AFRAID    WEAK    STRONG    GUILTY

HIGH

Elated  
Excited  
Overjoyed  
Thrilled  
Exuberant  
Ecstatic  
Delighted  
Fired-up

Depressed  
Disappointed  
Alone  
Hurt  
Left-out  
Dejected  
Sorrowful  
Crushed

Furious  
Enraged  
Outraged  
Aggravated  
Irate  
Seething

Bewildered  
Trapped  
Troubled  
Desperate  
Spaced-out  
Lost  
Disoriented

Terrified  
Horried  
Scared stiff  
Petrified  
Fearful  
Panicky

Helpless  
Hopeless  
Beat  
Overwhelmed  
Impotent  
Exhausted  
Drained

Powerful  
Aggressive  
Gung-ho  
Potent  
Super  
Forceful  
Determined

Sorrowful  
Remorseful  
Ashamed  
Unworthy  
Worthless  
Condemned

MEDIUM

Cheerful  
Up  
Good  
Relieved

Heart-broken  
Down  
Upset  
Distressed  
Regretful

Upset  
Mad  
Annoyed  
Frustrated  
Agitated  
Disgusted

Disorganized  
Foggy  
Misplaced  
Mixed-up

Scared  
Frightened  
Threatened  
Insecure  
Uneasy  
Shocked

Dependent  
Incapable  
Lifeless  
Tired  
Run-down  
Insecure  
Shy

Energetic  
Capable  
Confident  
Persuasive  
Sure

Sorry  
Low-down  
Rotten

LOW

Glad  
Content  
Satisfied  
Pleasant  
Fine  
Mellow  
Pleased

Unhappy  
Moody  
Blue  
Sorry  
Lost  
Bad  
Dissatisfied

Perturbed  
Uplight  
Dismayed  
Put out  
Irritated  
Touchy

Unsure  
Puzzled  
Bothered  
Uncomfortable  
Undecided  
Baffled  
Perplexed

Apprehensive  
Nervous  
Worried  
Timid  
Unsure  
Anxious

Unsatisfied  
Under-par  
Shaky  
Lethargic  
Inadequate  
Soft

Secure  
Durable  
Adequate  
Able  
Capable

Embarrassed