

# *The Feeling List*

## Positive Feelings

Affectionate	Great
Alive	Happy
Amused	Hopeful
Accepted	Hopeful
Beautiful	Joyful
Brave	Lovable
Calm	Loved
Capable	Loving
Caring	Loyal
Cheerful	Melancholy
Cherished	Passionate
Comfortable	Peaceful
Competent	Playful
Concerned	Pleased
Confident	Proud
Content	Quiet
Courageous	Relaxed
Curious	Relieved
Delighted	Respected
Desirable	Safe
Eager	Satisfied
Excited	Secure
Forgiving	Self-reliant
Friendly	Sexy
Fulfilled	Silly
Generous	Special
Glad	Strong
Good	Supportive
Grateful	Sympathetic
	Tender

## Negative Feelings

Afraid	Hostile
Angry	Humiliated
Anxious	Hurt
Apprehensive	Ignored
Ashamed	Impatient
Awkward	Inadequate
Bitter	Incompetent
Bored	Indecisive
Confused	Inferior
Contempt	Inhibited
Defeated	Insecure
Dejected	Irritated
Dependent	Isolated
Depressed	Jealous
Despairing	Lonely
Desperate	Melancholy
Devastated	Miserable
Disappointed	Misunderstood
Discouraged	Muddled
Disgusted	Needy
Distrustful	Old
Embarrassed	Outraged
Exasperated	Overwhelmed
Fearful	Panicky
Foolish	Touchy
Frantic	Trapped
Frustrated	Troubled
Furious	Unappreciated
Guilty	Unattractive
Hateful	Uncertain
Helpless	Uncomfortable
Hopeless	Uneasy
Horrible	Unfulfilled