

POSITIVE FEELINGS

Accepted	Fulfilled	Silly
Affectionate	Generous	Special
Affirmed	Glad	Spontaneous
Alive	Grateful	Strong
Amused	Great	Successful
Anticipation	Happy	Supportive
Appreciated	Hopeful	Sympathetic
Attractive	Humorous	Tender
Beautiful	Important	Thankful
Blessed	Invigorated	Thrilled
Brave	Joyful	Trusted
Calm	Kind	Understanding
Capable	Loveable	Understood
Carefree	Loved	Unique
Caring	Loving	Validated
Cheerful	Loyal	Valuable
Cherished	Optimistic	Warm
Comfortable	Passionate	Witty
Competent	Patient	Wonderful
Confident	Peaceful	Worthwhile
Content	Playful	Youthful
Courageous	Pleased	
Curious	Proud	
Delighted	Quiet	
Desirable	Relaxed	
Determined	Relieved	
Eager	Respected	
Empowered	Rested	
Encouraged	Safe	
Energetic	Satisfied	
Excited	Serene	
Forgiving	Secure	
Friendly	Self-reliant	

NEGATIVE FEELINGS

Abandoned	Foolish	Overwhelmed	Uncertain
Afraid	Frantic	Overworked	Uncomfortable
Aggravated	Frazzled	Panicky	Uneasy
Angry	Frustrated	Perplexed	Unfulfilled
Annoyed	Furious	Pessimistic	Untrustworthy
Anxious	Grumpy	Phony	Used
Apathetic	Guilty	Preoccupied	Useless
Apprehensive	Hateful	Pressured	Uptight
Ashamed	Helpless	Provoked	Victimized
Attacked	Hopeless	Regretful	Violated
Awkward	Horrified	Rejected	Vulnerable
Befuddled	Hostile	Remorseful	Weary
Betrayed	Humiliated	Resentful	Worn-out
Bitter	Hurt	Restless	Worried
Bored	Ignored	Rushed	
Cautious	Impatient	Sad	
Concerned	Inadequate	Scared	
Confused	Incompetent	Self-conscious	
Deceived	Indecisive	Selfish	
Defeated	Indifferent	Shy	
Defensive	Inferior	Sick	
Dependent	Inhibited	Sorry	
Depressed	Insecure	Stressed	
Despairing	Irritated	Stubborn	
Desperate	Isolated	Stuck	
Devastated	Jealous	Stupid	
Disappointed	Lazy	Tense	
Discouraged	Lonely	Terrified	
Disgusted	Melancholy	Tortured	
Distracted	Miserable	Threatened	
Distrustful	Misunderstood	Tired	
Drained	Muddled	Touchy	
Embarrassed	Needy	Trapped	
Exasperated	Nervous	Troubled	
Exhausted	Old	Unappreciated	
Fearful	Outraged	Unattractive	