

## ***Pleasant Feelings...***

**OPEN**  
 accepted\*  
 amazed  
 confident  
 free  
 harmonious  
 interested  
 loving  
 pleasant  
 receptive  
 responsive  
 satisfied  
 sensitive  
 sympathetic  
 trusting  
 understanding

**HAPPY**  
 amused  
 animated  
 cheerful  
 delighted  
 ecstatic  
 elated  
 enthusiastic  
 fortunate  
 glad  
 important\*  
 joyful  
 lighthearted  
 lively  
 lucky  
 overjoyed  
 playful  
 pleased  
 satisfied  
 thankful  
 wonderful

**ALIVE**  
 Accepted\*  
 approved\*  
 awesome  
 certain  
 courageous  
 energetic  
 forgiven  
 free  
 impulsive  
 innocent\*  
 liberated  
 optimistic  
 playful  
 provocative  
 refreshed  
 relieved  
 sure  
 thrilled

**GOOD**  
 blessed  
 calm  
 certain  
 comfortable  
 confident  
 content  
 encouraged  
 excellent  
 free  
 gentle  
 hopeful  
 loved  
 patient\*  
 peaceful  
 pleased  
 reassured  
 relaxed  
 secure  
 tranquil  
 unconcerned

**LOVED/LOVING**  
 accepted\*  
 tender  
 affectionate  
 appreciated\*  
 attracted  
 caring  
 close  
 comforted  
 loved  
 loving  
 protected  
 safe  
 secure  
 sensitive  
 sympathetic  
 touched  
 understood  
 warm

**INTERESTED**  
 aroused  
 attentive  
 attracted  
 concerned  
 curious  
 engrossed  
 enthusiastic  
 excited  
 fascinated  
 impressed  
 inquisitive  
 inspired  
 intrigued  
 moved  
 responsive  
 stimulated  
 sympathetic  
 touched

**POSITIVE**  
 anxious  
 assertive\*  
 bold  
 brave  
 certain  
 challenged  
 confident  
 convinced  
 daring  
 determined  
 eager  
 enthusiastic  
 excited  
 hopeful  
 inspired  
 optimistic  
 re-enforced\*  
 stubborn\*

**STRONG**  
 aggressive  
 capable\*  
 certain  
 dynamic  
 impulsive  
 perceptive  
 powerful  
 rebellious  
 reinforced  
 reliable\*  
 secure  
 steady  
 sure  
 tough\*

*\*These words, often used to describe feelings, can contain an element of judgment.*

*As such, be careful when using them to describe emotions. Some things to remember include:*

- 1) Use "I statements"    2) Avoid saying "you" and "because"*
- 3) Be sure to stick to the "feelings" aspect of these words, not the "judgmental" aspect.*

## *Difficult/Unpleasant Feelings...*

<b><u>ANGRY</u></b>	<b><u>DEPRESSED</u></b>	<b><u>CONFUSED</u></b>	<b><u>HELPLESS</u></b>
aggressive	ashamed	bewildered	burned out
agitated	blue	disillusioned	defeated
annoyed	defeated	disoriented	distressed
antagonistic	desperate	distrustful*	empty*
bitter	disappointed	doubtful	fatigued
cross	discouraged	dumbfounded	frustrated
displeased	dissatisfied	embarrassed	hesitant
enraged	down	hesitant	hopeless
exasperated	exhausted	lost	inadequate*
furious	gloomy	mistaken	incapable*
hostile	guilty*	mixed up	inferior*
incensed	helpless	perplexed	insecure
indignant	hopeless	pessimistic*	lonely
irritated	miserable	shy	Paralyzed
mad	powerless	skeptical	Rushed
provoked	regretful	tense	unimportant*
resentful	sad	uncertain	Useless
upset	unhappy	uneasy	Vulnerable
	vulnerable	unsure	Weak
	weak	upset	worthless*
<b><u>INDIFFERENT</u></b>	<b><u>AFRAID</u></b>	<b><u>HURT</u></b>	<b><u>SAD</u></b>
aloof	alarmed	alienated	anguish*
apathetic	anxious	appalled	Desperate
bored	apprehensive	bothered*	disappointed
detached	cautious	bruised*	discouraged
disinterested	disturbed	crushed	disheartened
distant	doubtful	dejected	Dismayed
lifeless	edgy	deprived	Dispirited
listless	fearful	distressed	Downcast
lukewarm*	frantic	disturbed	Grieved
neutral*	frightened	heartbroken	Heartsick
preoccupied	hesitant	humiliated	Hopeless
reserved	intimidated*	injured	let down
uncaring	nervous	insulted*	Lonely
unconcerned	panicky	offended	Mournful
unresponsive	restless	rejected	Pessimistic*
wearry	scared	tormented	Regretful
	suspicious	tortured	Sorrowful
	terrified	used*	unfortunate
	threatened*	wounded	Unhappy
	worried		

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