



## FEELINGS AND DESCRIPTIONS OF FEELINGS (ANALOGY)

**Afraid** Like walking alone in a dark alley

**Aggressive** Like a bulldozer

**Alone** Like being lost in a dark cave all by myself

**Angry** Sizzling like a red hot poker suddenly plunged into water

**Animated** Like a cartoon

**Attracted** Like being drawn to a magnet

**Bright** Like a halogen light

**Calm** Like after a storm

**Cautious** Like a turtle not wanting to stick its neck out

**Comfortable** Like an old shoe

**Content** Like watching a sunset

**Crushed** Like a stepped-on ant

**Curious** Like a cat

**Deprived** Like being the only child without an ice cream cone

**Desolate** Like being on a deserted lonely island

**Disinterested** Like I could care less

**Dull** Like the color gray

**Embarrassed** Like a teenager asking for a first date

**Empty** Like running out of gas

**Enraged** Like an angry bull

**Enthusiastic** Like hearing good news

**Fascinated** Like a child at Christmas

**Fearful** Like being afraid of the dark

**Frisky** Like a young colt

**Frustrated** Like getting a flat tire without having a spare

**Gleeful** Like a child who has just won a prize at the fair

**Guilty** Like getting my hand caught in the cookie jar.

**Happy** Like a singing bird

**Humiliated** Like being put down in front of my co-workers

**Inferior** Like realizing you got the lowest grade in your class on an exam



## FEELINGS AND DESCRIPTIONS OF FEELINGS (ANALOGY)

**Irritated** Like a minor rash

**Joyous** Like the birth of a baby

**Jubilant** Like coming in first in a marathon

**Liberated** like a huge load is off my shoulders

**Lifeless** Like my body won't move

**Lonely** Like losing a best friend

**Lost** Like being in a strange city without a map

**Lucky** Like winning the sweepstakes

**Mad** As a wet hen

**Miserable** Like the whole world is against me

**Nervous** Like my stomach is turned upside down

**Nosy** Like a gossipy old lady

**Optimistic** Like knowing the sun will come up tomorrow

**Painful** Like a pounding headache

**Panicky** Like being chased by a bear

**Peaceful** Like a calm lake

**Playful** Like a kitten with a ball of yarn

**Reassured** Like when I check on the kids one last time before going to bed

**Rebellious** Like a defiant teenager

**Rejected** Like I have no value

**Reliable** Like a life time guarantee

**Sad** Like hearing a mournful story

**Satisfied** Like having a full stomach after a good dinner

**Scared** Like walking down a dark alley alone at night

**Secure** Like locking my door at night

**Serene** Like a person meditating

**Skeptical** Like reading a weight loss plan that guarantees 30 lbs. lost in 30 days

**Spirited** Like an energetic two year old

**Surprised** Like receiving a bouquet of flowers for no special occasion



## **FEELINGS AND DESCRIPTIONS OF FEELINGS (ANALOGY)**

**Terrified** Like standing on the edge of a cliff

**Thrilled** Like a child at Christmas

**Tormented** Like a helpless animal being poked with a stick

**Unique** Like a one of a kind piece of pottery

**Unsure** Like a baby taking it's first steps

**Upset** Like an apple cart

**Used** Like a doormat on a rainy, muddy day

**Useless** Like a worn out shoe

**Warm** Like hot chocolate on a cold night

**Wary** Like a fox

**Weary** Like I can't move one foot in front of another