

JOURNAL

Communicating Our Feelings

Feeling Words Starter List *(Many more are possible)*

Affectionate

amorous
devoted
loving
passionate
romantic
tender

Afraid

anxious
apprehensive
cowardly
desperate
frightened
hesitant
horrified
insecure
menaced
nervous
panicked
scared
terrified
threatened
worried

Angry

aghast
annoyed
bewildered
bitter
cross
enraged
furious
Indignant
infuriated
irritated
mad
provoked
seething
upset
wrathful

Doubtful

alarmed
confused
disinterested
distrustful
dubious
fainthearted
fearful

indecisive
perplexed
reserved
skeptical
surprised
suspicious
uncertain
wary

Eager

adventurous
desirous
enthusiastic
excited
expectant
impulsive
inspired
optimistic
refreshed

Fearless

assured
bold
brave
confident
courageous
daring
dauntless
determined
earnest
encouraged
fearless
heroic
reassured
rejuvenated
resolute
secure

Happy

airy
blessed
blissful
bright
bubbly
buoyant
calm
cheerful
comfortable
complacent
contented

delighted
ecstatic
elated
exhilarated
festive
fortunate
genial
glad
gleeful
grateful
high-spirited
jolly
joyful
jubilant
lighthearted
merry
overjoyed
peaceful
pleased
relaxed
relieved
satisfied
serene
spirited
thankful
thrilled
tranquil
wonderful
zealous

Hurt

agonized
appalled
burdened
chagrined
concerned
crushed
dismayed
distressed
embarrassed
frustrated
heartbroken
humiliated
incensed
injured
offended
oppressed
overwhelmed
peevd
resentful

shocked
stressed
stunned
tortured
victimized

Physical

aching
aggressive
at ease
awkward
bored
confined
cool
cozy
dull
energetic
exhausted
frisky
gallant
grouchy
harried
hysterical
lifeless
lively
paralyzed
playful
preoccupied
pressured
queasy
rattled
receptive
restless
sexy
shaky
spontaneous
spry
stretched
tense
timid
tired
uncomfortable
uptight
vivacious
warm
weary
wound up

Sad

ashamed
cheerless
crestfallen
dejected
depressed
despondent
disconsolate
discontented
discouraged
dismal
downcast
downhearted
dreary
gloomy
glum
grief-stricken
grieved
heavy-hearted
joyless
lonely
low-spirited
melancholy
moody
mournful
out-of-sorts
pathetic
piteous
somber
sorrowful
spiritless
sullen
unhappy
weighted down
woeful

Misc

astonished
awed
curious
fascinated
gratified
hopeful
Inquisitive
Intent
interested
intrigued
touched
unrestrained