

Common Feelings

Anger

Aggravated
Aggressive
Annoyed
Arrogant
Belligerent
Bitter
Bugged
Combative
Contempt
Defiant
Disapproving
Disdain
Disgusted
Dismayed
Exasperated
Exploding
Fiery
Frustrated
Furious
Hatred
Hostile
Impatient
Indignant
Infuriated
Irate
Irritated
Hatred
Loathing
Mad
Malicious
Mean
Obstinate
Outraged
Pissed off
Resentful
Repulsed
Seething
Spiteful
Upset
Vengeful
Vindictive
Vicious

Disconnected

Apathetic
Avoidant
Bored
Detached
Disoriented
Dissociated
Distracted
Dull

Foggy
Frozen
Immobile
Indifferent
Isolated
Numb
Paralyzed
Passive
Removed
Shut down
Unreal
Vacant
Withdrawn

Fear

Agitated
Alarmed
Angst
Anxiety
Apprehensive
Aversion
Cautious
Distrustful
Dread
Envious
Embarrassed
Fearful
Foreboding
Frightened
Horrorified
Hysterical
Jealous
Mortified
Nervous
Panicked
Paranoid
Petrified
Phobic
Repulsed
Resistant
Scared
Shocked
Startled
Surprised
Suspicious
Terrified
Unsafe
Vigilant
Wary
Worried

Sadness

Agonized

Depressed
Despondent
Devastated
Disappointed
Discouraged
Disheartened
Dismayed
Distraught
Empty
Forlorn
Futile
Guilt
Grief-stricken
Heartbroken
Helpless
Hopeless
Hurt
Lethargic
Listless
Lonely
Lost
Miserable
Sad
Shame
Sorrow
Suffering
Tearful
Tormented
Tortured
Unhappy
Weepy
Worthless
Wretched

Stressed

Bewildered
Bored
Challenged
Dazed
Depleted
Distressed
Disturbed
Drained
Driven
Engulfed
Exasperated
Exhausted
Fatigued
Frantic
Impulsive
Lost
Manic
Muddled

Overwhelmed
Perplexed
Reckless
Restless
Scrambled
Swamped
Troubled
Tumultuous
Turbulent
Uncomfortable
Undecided
Unsettled
Uptight
Wasted
Weary
Wired

Vulnerable

Bashful
Delicate
Demure
Feeble
Fragile
Helpless
Hesitant
Hopeless
Humble
Inhibited
Innocent
Insecure
Invisible
Raw
Self-conscious
Sensitive
Shy
Tender
Tentative
Timid
Weak

Love

Affectionate
Apologetic
Appreciative
Benevolent
Caring
Cherish
Compassionate
Desire
Devoted
Ecstatic
Empathic

Engaged
Friendly
Kind
Fun
Generous
Glad
Grateful
Helpful
Intimate
Longing
Loving
Lust
Merciful
Mercy
Moved
Passionate
Precious
Proud
Regretful
Remorseful
Sensual
Sweet
Sympathetic
Tender
Thankful
Thoughtful
Touched
Warm
Wishful
Yearning

Joy

Alive
Amazed
Amused
Blissful
Carefree
Cheerful
Creative
Curious
Delighted
Elated
Encouraged
Energetic
Excited
Exhilarated
Fascinated
Free
Giddy
Giggly
Euphoric
Giddy
Happy

Hopeful
Inspired
Interested
Joyful
Light
Mischievous
Motivated
Optimistic
Pleased
Rapture
Thrilled
Wonder

Equanimity

Awake
Aware
Awe
Balanced
Blessed
Calm
Comfortable
Centered
Confident
Content
Emergent
Empowered
Enlightened
Flexible
Fulfilled
Grace
Grounded
Harmonious
Meditative
Mindful
Patient
Peaceful
Refreshed
Relieved
Replenished
Resilient
Rejuvenated
Relaxed
Renewed
Reverent
Sacred
Safe
Satisfied
Secure
Tranquil
Wise