

# List of FEELINGS

## PLEASANT

### CALM

relaxation  
serene  
tranquil  
peaceful  
quiet  
at ease  
comfortable  
at home  
grounded  
centered  
trusting  
relief  
content  
fulfilled  
satisfaction  
mellow

### CURIOSITY

fascination  
interest  
involvement  
engagement  
inspiration  
anticipation  
wonder

### GRATEFUL

appreciation  
thankful  
openhearted  
encouragement

### CONFIDENT

empowerment  
proud  
hopeful  
optimistic  
strong

### REFRESHMENT

rested  
enlivened  
restored  
reactivation  
clearheaded  
exuberant

### LIVELY

awake  
excitement  
enthusiasm  
eager  
energetic  
passionate  
alive  
surprise  
vibrant  
bliss  
ecstatic  
radiant  
thrill  
astonishment  
amazement  
tingle

### COMPASSION

tender touched  
warm moved  
open affection  
loving friendly

### HAPPY

joy  
amusement  
animated  
delight  
glad  
pleased

## UNPLEASANT

### CONFUSION

### WORRY

anxious  
edgy  
unquiet  
concern  
stress  
nervous

torn  
doubt  
lost  
hesitant  
bafflement  
perplex  
puzzled

### FEAR

afraid  
scared  
suspicion  
panic  
paralyzed  
terror  
apprehension

### SAD

heavy heart  
nostalgic  
melancholy  
disappointment  
discouragement  
depression

hopeless  
helpless  
gloomy  
down  
longing  
despair

### BODY SENSATIONS

knot in the belly  
lump in the throat  
inner rush  
tense  
choking  
breathless  
squeeze  
trembling  
shrink  
sick  
weak  
empty  
shaky  
dizzy  
foggy  
cold

### FATIGUE

overwhelm  
burn-out  
exhaustion  
sleepy  
tired

### ANNOYANCE

irritation  
frustration  
exasperation  
impatient

### PAIN

heartbreak  
miserable  
devastation  
regret  
remorseful  
turmoil  
suffer

guilt  
hurt  
lonely  
grief  
agony  
suffer

### HATE

hostile  
aversion  
bitter  
disgust  
contempt  
dislike

### VULNERABLE

fragile  
insecure  
reservation  
sensitive

### AGITATION

uncertain  
troubled  
unsettle  
cranky  
disquiet  
alert  
restless  
shock  
uncomfortable  
uneasy

### JEALOUS

envious

### SHAME

embarrassment  
shy

### ANGER

upset  
furious  
rage  
resentful

### BOREDOM

apathetic  
numb  
far  
withdrew  
disengagement

