

FEELINGS WORD LIST

SURPRISED

Astonished
Confused
Curious
Exhilarated
Impressed
Playful
Shocked
Tense

SAD

Alone
Burdened
Disappointed
Guilty
Hopeless
Miserable
Pessimistic
Resentful
Threatened

SCARED

Afraid
Cautious
Frightened
Horrified
Insecure
Lost
Nervous
Terrified

.....
How many feelings do you have
a good understanding of?

Tell about a time you felt...
.....

HAPPY

Appreciated
Cheerful
Excited
Grateful
Hopeful
Loved
Optimistic
Proud
Thankful

MAD

Angry
Bitter
Defensive
Frustrated
Hostile
Impatient
Offended
Revengeful
Spiteful
Used
Violated

+MORE

Accepting
Comfortable
Hungry
Hurt
Sensitive
Sick
Tired
Uncomfortable
Understanding