

HOW AM I FEELING RIGHT NOW?

ANGRY

agitated
furious
outraged
resentful
upset

FEARFUL

apprehensive
anxious
distress
nervous
panicked
paralyzed
worried

SAD

despondent
disappointed
discouraged
hopeless
troubled
unhappy

ANNOYED

bitter
exasperated
frustrated
grumpy
impatient

AVERSION

appalled
contempt
disgusted
dislike
horrified
repulsed

PAIN/GRIEF

agony
devastated
hurt
lonely
miserable
regretful
remorseful

DISCOMFORT

agitated
alarmed
disturbed
restless
surprised
troubled
uncomfortable

STRESS/TIRED

exhausted
fatigued
overwhelmed
restless
sleepy

DISCONNECTED

apathetic
bored
distracted
indifferent
numb
withdrawn

CONFUSED

baffled
bewildered
hesitant
lost
mystified
perplexed

EMBARRASSED

ashamed
flustered
guilty
self-conscious

VULNERABLE

fragile
guarded
insecure
leery

YEARNING

jealous
longing

AFFECTION

friendly
loving
sympathetic
tender

INTERESTED

curious
enchanted
engaged
intrigued

GLAD

amused
encouraged
enthusiastic
excited
grateful
hopeful
inspired
joyful
optimistic
wonder

GRATEFUL

appreciative
thankful
touched
encouraged
optimistic

PEACEFUL

comfortable
centered
composed
fulfilled
relaxed
relieved
satisfied

RESTED

alert
alive
energized
rejuvenated
relaxed
strong