

# 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Withdrawn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  
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