

## Feeling Word List

Scared  
Afraid  
Anxious  
Apprehensive  
Awed  
Cautious  
Edgy  
Fearful  
Frightened  
Hesitant  
Horrorified  
Insecure  
Intimidated  
Jumpy  
Jolted  
Lonely  
Nervous  
Overwhelmed  
Panicky(ed)  
Paralyzed  
Paranoid  
Shaky  
Stressed  
Suspicious  
Tense  
Terrified  
Threatened  
Timid  
Uneasy  
Unsure  
Worried

Ashamed  
Blocked  
Bored  
Defenseless  
Demoralized  
Distracted  
Discouraged  
Embarrassed  
Exhausted  
Fragile  
Frail  
Guilty  
Helpless  
Horrible  
Impotent  
Inadequate  
Incapable  
Insecure  
Lifeless  
Lost  
Overwhelmed  
Powerless  
Run-down  
Regretful  
Resigned  
Shy  
Small  
Stupid  
Unsure  
Useless  
Vulnerable  
Violated  
Weak

Angry  
Agitated  
Annoyed  
Bitter  
Betrayed  
Critical  
Disgusted  
Dismayed  
Enraged  
Envious  
Fed up  
Frustrated  
Furious  
Hostile  
Impatient  
Irate  
Irritated  
Jealous  
Livid  
Mad  
Outraged  
Perturbed  
Riled  
Resentful  
Seething  
Ticked off  
Uptight  
Upset  
Worked up  
Violated  
Vengeful

Sad  
Awful  
Bad  
Blue  
Bummed out  
Crushed  
Depressed  
Despair  
Despondent  
Desperate  
Devastated  
Disappointed  
Dissatisfied  
Distressed  
Disturbed  
Down  
Gloomy  
Grief stricken  
Glum  
Hateful  
Hopeless  
Hurt  
Lonely  
Lost  
Low  
Miserable  
Painful  
Resigned  
Relief/relieved  
Sorry  
Sorrowful  
Sympathetic  
Terrible  
Uneasy  
Unhappy  
Unloved  
Unlovable  
Upset

Confused  
Awkward  
Baffled  
Bewildered  
Befuddled  
Bothered  
Crazy  
Dazed  
Disorganized  
Disoriented  
Distracted  
Dumbfounded  
Mixed up  
Perplexed  
Puzzled  
Shocked  
Stunned  
Surprised  
Trapped  
Uncertain  
Uncomfortable  
Undecided  
Unsure