

# Feeling Word Vocabulary

## Strong Intensity

HAPPY	SAD/HURT	ANGRY	SCARED	CONFUSED
Excited	Hopeless	Furious	Fearful	Bewildered
Elated	Sorrowful	Seething	Panicky	Trapped
Exuberant	Wounded	Enraged	Shocked	Troubled
Ecstatic	Drained	Hostile	Overwhelmed	Demobilized
Terrific	Defeated	Vengeful	Startled	Stagnant
Jubilant	Exhausted	Incensed	Intimidated	Ambivalent
Alive	Crushed	Hateful	Desperate	
Energetic	Worthless	Humiliated	Frantic	
Enthusiastic	Dejected	Sabotaged	Terrified	
Loved	Rejected	Betrayed	Vulnerable	
	Empty	Repulsed	Helpless	
	Miserable	Jealous		
	Distraught	Pissed off		
		Bitter		

## Moderate Intensity

HAPPY	SAD/HURT	ANGRY	SCARED	CONFUSED
Valued	Depressed	Resentful	Tense	Awkward
Gratified	Disappointed	Disgusted	Threatened	Puzzled
Encouraged	Inadequate	Smothered	Afraid	Disoriented
Optimistic	Dismal	Frustrated	Uneasy	Foggy
Joyful	Unappreciated	Stifled	Defensive	
Proud	Discouraged	Offended	Insecure	
Cheerful	Distressed	Infantilized	Skeptical	
Assured	Disillusioned	Controlled	Apprehensive	
Grateful	Lonely	Peeved	Suspicious	
Appreciated	Isolated	Annoyed	Perturbed	
Confident	Alienated	Agitated	Ashamed	
Respected	Abandoned	Irritated		
Admired	Regretful			
Accepted				

## Mild Intensity

HAPPY	SAD/HURT	ANGRY	SCARED	CONFUSED
Content	Lost	Uptight	Reluctant	Bothered
Relaxed	Distant	Dismayed	Anxious	Undecided
Glad	Resigned		Shy	Uncomfortable
Satisfied			Nervous	Perplexed
Peaceful			Timid	Unsure
Calm			Concerned	Doubtful
Tranquil			Worried	
Pleased				