

# A List of Feelings

## A

abandoned  
able  
absorbed  
admirable  
admired  
affable  
affectionate  
afraid  
aggravated  
aggressive  
agreeable  
alarmed  
amazed  
ambivalent  
amused  
angry  
annoyed  
anxious  
apprehensive  
ashamed  
astonished  
awed  
awkward

## B

baffled  
bashful  
bereaved  
bewildered  
bitter  
blissful  
blue  
bold  
bothered  
brave  
buoyant

## C

calm  
cantankerous  
capable  
carefree  
careful  
caring  
cautious  
chagrined  
charitable  
cheerful  
cold  
complacent  
composed  
compulsive  
concerned  
confident  
considerate  
contemptuous  
content  
contrite  
cooperative  
cranky  
crestfallen  
cross  
crushed  
curious

## D

daring  
defiant  
dejected  
delighted  
depressed  
detached  
determined  
devious  
disappointed  
discouraged  
disdainful

disenchanted  
disengaged  
disgusted  
disillusioned  
disinterested  
dismayed  
dismissive  
distant  
doleful

## E

eager  
ecstatic  
edgy  
elated  
embarrassed  
emboldened  
enraged  
enthusiastic  
envious  
euphoric  
excited  
exhausted  
extravagant  
exuberant

## F

fair  
fatigued  
fearful  
flustered  
foolish  
forgiving  
frightened  
frustrated  
fulfilled  
funny  
furious

## G

generous  
glad  
gleeful  
gloomy  
glum  
gracious  
grateful  
grateful  
greedy  
grief-stricken  
grouchy  
grumpy  
guarded  
guilty

## H

happy  
heartbroken  
helpless  
hesitant  
hopeless  
horrified  
humbled  
humiliated  
hurt  
hyperactive  
hysterical

## I

ignorant  
impatient  
impertinent  
inadequate  
indifferent  
inquisitive  
insecure  
inspired  
inspiring  
interested

irked  
irrational  
irritable  
irritated  
isolated

## J

jaded  
jealous  
jittery  
jocular  
joyful  
joyous  
judged  
judgmental

## K

keen  
kind

## L

lacklustre  
lazy  
leery  
lethargic  
listless  
lonely  
loving

## M

malevolent  
manic  
manipulated  
manipulative  
marvelous  
mean  
meek  
melancholy  
melodramatic

mirthful  
mischievous  
miserable  
misunderstood  
moody  
mopey  
morose  
moved

## N

naïve  
nasty  
naughty  
needed  
needy  
neglected  
neglectful  
nervous  
nice  
nonchalant  
nonplussed  
numb

## O

obedient  
obligated  
obsessed  
obsessive  
obstinate  
offended  
open  
open-minded  
optimistic  
outraged  
overjoyed  
overloaded  
overpowered  
overstimulated

## P

panicked  
panicky  
passive  
peaceful  
peeved  
pensive  
perturbed  
petrified  
petty  
petulant  
placid  
playful  
pleased  
powerful  
powerless  
preoccupied  
pressured  
prickly  
prideful  
proud  
puzzled

## Q

qualified  
quarrelsome  
quiet  
quirky  
quivery

## R

rational  
rattled  
rattled  
reasonable  
reasoned  
reassured  
rebellious  
refreshed  
rejuvenated

relaxed  
relieved  
reluctant  
remorseful  
repulsed  
resentful  
reserved  
restless

## S

sad  
safe  
sanguine  
sarcastic  
satisfied  
scared  
scornful  
secure  
sensitive  
serene  
serious  
shy  
silly  
sincere  
skeptical  
smug  
sociable  
sorrowful  
spiteful  
startled  
stressed  
stubborn  
surprised  
sympathetic

## T

tearful  
teary  
temperamental  
tender

terrified  
thankful  
thoughtful  
threatened  
tickled  
timid  
tired  
tiresome  
troubled  
tolerant  
tolerated  
torn

## U

unafraid  
unappreciated  
uncertain  
uncomfortable  
undecided  
uneasy  
unhappy  
unimpressed  
unnerved  
unruffled  
unruly  
unsteady  
unsure  
uplifted  
uptight  
useful  
useless

## V

vacant  
vain

valuable  
valued  
vexed  
vibrant  
victimized  
victorious  
violent  
vital  
vivacious  
volatile  
vulnerable

## W

warm  
wary  
wasted  
weak  
weary  
weepy  
whimsical  
whiny  
wilful  
willing  
wishful  
wistful  
withdrawn  
witty  
worldly  
worn  
worried  
worthless  
wronged

## Y

yearning  
yielding  
youthful

## Z

zany  
zealous