

**Adult Feelings List**

Abandoned	Burdened	Discontented	Flustered
Accepted	Calm	Discouraged	Fond
Accused	Capable	Disgusted	Foolish
Advantage of, taken	Caring	Disrespected	Frantic
Afraid	Cheerful	Distracted	Free
Agitated	Claustrophobic	Distressed	Friendly
Alone	Cold	Disturbed	Frightened
Ambitious	Comfortable	Doubt	Frustrated
Amused	Compassionate	Dreadful	Funny
Angry	Competent	Dumb	Furious
Annoyed	Concerned	Dumfounded	Glad
Anxious	Confident	Eager	Gloomy
Appreciated	Confused	Ecstatic	Glum
Appreciative	Content	Edgy	Good
Approval, in need of	Cool	Efficient	Grateful
Ashamed	Cowardly	Elated	Great
Attracted	Criticized	Embarrassed	Grief
Awful	Crushed	Empathetic	Guilty
Bad	Curious	Empathy	Hampered
Bashful	Cut low	Enchanted	Happy
Beaten down	Daring	Encouraged	Hateful
Belittled	Defeated	Energetic	Heartbroken
Belonging	Defensive	Enjoy	Helpful
Bent out of shape	Deflated	Enraged	Helpless
Betrayed	Degraded	Enraptured	High
Better	Delighted	Enthusiastic	Honored
Bewildered	Dependent	Envious	Hopeful
Bitter	Depressed	Exasperated	Hopeless
Blah	Deprived	Excited	Horrified
Blown off	Detached	Exhausted	Hostile
Boiling	Devalued	Failure	Humble
Bored	Difficult	Fascinated	Humiliated
Bothered	Different	Fearful	Hungry
Brave	Disappointed	Feel like giving up	Hurried
Bugged	Disarmed	Floored	Hurt

Ignored	Misunderstood	Relieved	Superior
Impatient	Mixed-up	Remorseful	Sympathetic
Important	Modest	Resentful	Tender
Imposed upon	Moody	Respected	Tense
Impressed	Moved	Restless	Terrified
Inadequate	Naïve	Revengeful	Thrilled
Incapable	Needed	Ridiculous	Ticked off
Incompetent	Neglected	Rushed	Tired
Inexperienced	Nervous	Sad	Tolerant
Inferior	Never good enough	Satisfied	Trapped
Infuriated	Not trusted	Scared	Ugly
Inhibited	Odd	Scolded	Unappreciated
Insecure	On the outside	Self-conscious	Uncomfortable
Inspired	Overwhelmed	Selfish	Understood
Insulted	Outside the group	Self-pitying	Uneasy
Intense	Pained	Sensual	Unfair
Interested	Panicky	Sensitive	Unhappy
Intimidated	Paralyzed	Sentimental	Unimportant
Invisible	Passionate	Serious	Unkind
Irritated	Patient	Sexy	Unloved
Isolated	Peaceful	Shaky	Unprepared
Jealous	Perplexed	Shocked	Unsure
Judged	Persecuted	Shook	Upset
Kind	Perturbed	Significantant	Uptight
Knifed in the back	Pessimistic	Shy	Used
Lazy	Pitied	Silly	Useless
Left out	Pleased	Smart	Valued
Let down	Prepared	Sore	Victim
Like a fool	Pressured	Sorrowful	Vindictive
Lonely	Procrastinator	Sorry	Violent
Lost	Protective	Special	Vulnerable
Loved	Proud	Startled	Want to get even
Loving	Provoked	Strong	Weak
Lucky	Put down	Stuck	Weird
Mad	Puzzled	Stupid	Wild
Mean	Rejected	Submissive	Worried
Miserable	Relaxed	Subdued	Worthless