

## Adult's Feelings List

Abandoned	Caring	Dreadful	Glad
Accepted	Cheerful	Dumb	Gloomy
Accused	Cold	Dumfounded	Good
Afraid	Comfortable	Eager	Grateful
Agitated	Compassionate	Ecstatic	Great
Alone	Competent	Edgy	Grieved
Ambitious	Concerned	Efficient	Guilty
Amused	Confident	Elated	Hampered
Angry	Confused	Embarrassed	Happy
Anticipate, to	Content	Empathetic	Hateful
Annoyed	Cool	Empathy	Heartbroken
Anxious	Cowardly	Encouraged	Helpful
Appreciated	Crushed	Energetic	Helpless
Appreciative	Curious	Enjoy	Honored
Approval	Daring	Enraged	Hopeful
Ashamed	Defeated	Enthusiastic	Hopeless
Attracted	Defensive	Envious	Horrorified
Awful	Deflated	Exasperated	Hostile
Bad	Degraded	Excited	Humble
Bashful	Delighted	Exhausted	Humiliated
Belittled	Dependent	Failure	Hungry
Bent out of shape	Depressed	Fascinated	Hurried
Betrayed	Deprived	Fearful	Hurt
Better	Detached	Feel like giving up	Impatient
Bewildered	Difficult	Floored	Important
Bitter	Different	Flustered	Imposed upon
Blah	Disappointed	Fond	Impressed
Bored	Discontented	Foolish	Inadequate
Bothered	Discouraged	Frantic	Incapable
Brave	Disgusted	Free	Incompetent
Bugged	Disrespected	Friendly	Indifferent
Burdened	Distracted	Frightened	Inexperienced
Calm	Distressed	Frustrated	Infantile
Capable	Disturbed	Funny	Infatuated
Captivated	Doubt	Furious	Infuriated

Inhibited	Optimistic	Riled	Tense
Insecure	Ornery	Roused	Terrified
Inspired	Overcome	Rushed	Thrilled
Intense	Overwhelmed	Sad	Ticked off
Interested	Pained	Satisfied	Tight
Intimidated	Panicky	Scared	Tired
Irritated	Paralyzed	Self-conscious	Tolerant
Isolated	Passionate	Selfish	Trapped
Jazzed	Patient	Self-pitying	Ugly
Jealous	Peaceful	Sensual	Unappreciated
Joyous	Peeved	Sensitive	Uncomfortable
Kindly	Perplexed	Sentimental	Understood
Knifed in the back	Persecuted	Serene	Uneasy
Lazy	Perturbed	Serious	Unfair
Left out	Pessimistic	Shaky	Unhappy
Let down	Pitied	Shocked	Unimportant
Like a fool	Plagued	Shook	Unkind
Lonely	Playful	Shy	Unloved
Lost	Pleased	Silly	Unmoved
Loved	Precarious	Slow	Unprepared
Loving	Prepared	Smart	Unsure
Low	Pressured	Sore	Untrusted
Lucky	Protective	Sorrowful	Unworthy
Mad	Proud	Sorry	Upset
Mean	Provoked	So-so	Uptight
Miserable	Put down	Special	Used
Misused	Puzzled	Staggered	Useless
Mixed-up	Rejected	Startled	Vindictive
Modest	Relaxed	Strong	Violent
Moody	Relieved	Struck	Vulnerable
Mortified	Remorseful	Stupid	Want to get even
Moved	Resentful	Submissive	Weak
Naïve	Respected	Subdued	Weird
Needed	Restless	Superior	Wild
Neglected	Revengeful	Sympathetic	Worried
Nervous	Ridiculous	Tender	Worthless