

Adult's Feelings List

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

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