

Adolescent's Feelings List (Ages 11+)

| | | | |
|--------------|------------------------|--------------------------|---------------------|
| Abandoned | Disrespected | Like a... disappointment | Respected |
| Accepted | Distracted | like an outsider | Revengeful |
| Accused | Embarrassed Encouraged | Like a scapegoat | Rushed |
| Afraid | Excluded | Lonely | Sad |
| Alone | Exhausted | Lost | Scared |
| Angry | Failure (like a) | Loved | Screwed |
| Annoyed | Fearful | Loving | Self-conscious |
| Anxious | Frightened | Mad | Selfish |
| Appreciated | Frustrated | Manipulated | Shy |
| Bad | Grateful | Mean | Stabbed in the back |
| Belittled | Guilty | Miserable | Stressed |
| Betrayed | Happy | Misunderstood | Stuck |
| Blamed | Heartbroken | Moody | Stupid |
| Bullied | Helpless | Needed | Submissive |
| Burdened | Hopeful | Neglected | Supported |
| Capable | Humiliated | Nervous | Teased |
| Cautious | Hurt | Naïve | Tense |
| Concerned | Ignored | Not believed | Ticked Off |
| Confident | Impatient | Not good enough | Tolerant |
| Confused | Important | Not heard | Trapped |
| Content | Inadequate | Not listened | Treated fairly |
| Controlled | Insecure | Not trusted | Ugly |
| Criticized | Intelligent | Obsessed | Unable to trust |
| Crushed | Intimidated | Overwhelmed | Unappreciated |
| Defeated | Invisible | Perfectionism | Understood |
| Defensive | Irritated | Picked on | Unfairly treated |
| Deflated | Isolated | Pressured | Unhappy |
| Degraded | Jealous | Protective | Unloved |
| Depressed | Joyous | Proud | Used |
| Devalued | Left out | Provoked | Victim |
| Disappointed | Let down | Rejected | Violent |
| Discouraged | Like a burden | Resentful | Worried |
| Disgusted | | | Worthless |