

LIST OF FEELINGS

Abandoned	Doubt
Abused	Drained
Agony	Dread
Afraid	Driven
Alienated	Embarrassed
Alone	Empty
Angry	Emptiness
Annoyed	Enraged
Anxious	Exhausted
Apprehensive	Fatigued
Ashamed	Fearful
At a loss	Fragile
Awkward	Frantic
Bad	Frightened
Betrayed	Frustrated
Better-than	Grief stricken
Blame (self or other)	Guilty
Bored	Hapless
Burdened	Harried
Cheated	Heartache
Concerned	Heartbroken
Confused	Heartsick
Crazy	Heaviness
Crushed	Helpless
Cornered	Hesitant
Deceived	Hopeless
Defeated	Horror
Defiled	Horrified
Degraded	Hostile
Dejected	Humiliated
Depressed	Hurt
Deprived	Ignored
Despair	Impatient
Despondent	Inadequate
Devastated	Indignant
Disappointed	Insecure
Disconnected	Insignificant
Discouraged	Intimidated
Discounted	Irritated
Disenchanted	Invalidated
Disgusted	Lazy
Disliked	Less-than
Dismayed	Lethargic
Disoriented	Lonely
Distraught	Longing for
Distrust	Loss

LIST OF FEELINGS

Lost	Unloved
Mad	Untrusting
Manipulated	Unmotivated
Melancholy	Unsure
Misused	Untrusting
Mortified	Unwanted
Needy	Unworthy
Neglected	Used
Offended	Victimized
Outraged	Violated
Overwhelmed	Vulnerable
Pained	Wasted
Persecuted	Wary
Picked on	Weary
Pressured	Weird
Punished	Worried
Put down	Worthless
Put upon	Wounded
Puzzled	Worn out
Rage	Wrongly accused
Rebellious	
Rejected (or rejecting)	
Remorseful	
Resentment	
Restless	
Sad	
Scared	
Scattered	
Scorned	
Self-conscious	
Shamed	
Shattered	
Silly	
Sorrow (or deep sorrow)	
Startled	
Suffering	
Suspicious (of self or others)	
Terror	
Tired	
Tortured	
Trapped	
Troubled	
Uncertain	
Traumatized	
Unacknowledged	
Unappreciated	