

Feelings Word List

Positive Feelings

Intense

loved, adored, idolized, alive, wanted, lustful, worthy, pity, respected, empathy, awed, enthusiastic, zealous, courageous

Strong

enchanted, ardor, infatuated, tender, vibrant, independent, capable, happy, proud, gratified, worthy, sympathetic, important, concerned, appreciated, consoled, delighted, eager, optimistic, joyful, courage, hopeful, valiant, brave, brilliant

Moderate

liked, cared for, esteemed, affectionate, fond, excited, patient, strong, gay, inspired, anticipating, amused, yearning, popular, peaceful, appealing, determined, pleased, excited, jolly, relieved, glad, adventurous, peaceful, intelligent

Mild

friendly, regarded, benevolent, wide awake, at-ease, relaxed, comfortable, content, keen, amazed, alert, sure, attractive, approved, untroubled, graceful, turned on, warm, amused, daring, comfortable, smart, interested

Negative Feelings

Mild

unpopular, listless, moody, lethargic, gloomy, dismal, discontented, tired, indifferent, unsure, impatient, dependent, unimportant, regretful, bashful, puzzled, self-conscious, edgy, upset, reluctant, timid, mixed-up, sullen, provoked

Moderate

suspicious, envious, enmity, aversion, dejected, unhappy, bored, forlorn, disappointed, wearied, inadequate, ineffectual, helpless, resigned, apathetic, shy, uncomfortable, baffled, confused, nervous, tempted, tense, worried, perplexed, troubled, disdainful, contemptuous, alarmed, annoyed, provoked

Strong

disgusted, resentful, bitter, detested, fed-up, frustrated, sad, depressed, sick, dissatisfied, fatigued, worn-out, useless, weak, hopeless, forlorn, rejected, guilty, embarrassed, inhibited, bewildered, frightened, anxious, dismayed, apprehensive, disturbed, antagonistic, vengeful, indignant, mad, torn

Intense

hate, unloved, abhor, despised, angry, hurt, miserable, pain, lonely, cynical, worthless, impotent, futile, accursed, abandoned, estranged, degraded, humiliated, shocked, panicky, trapped, horrified, afraid, scared, terrified, threatened, infuriated, furious, exhausted