



## *Common Feeling List*

- Angry**- mad, resentful, annoyed, irritated, upset, furious, pissed, infuriated,
- Bored** – uninterested, unmotivated, apathetic, indifferent
- Content** – peaceful, at ease, calm, comforted, satisfied, relaxed,
- Discouraged** – hopeless, pessimistic, despairing
- Embarrassed** – foolish, humiliated, self-conscious
- Guilty** – remorseful, bad, ashamed
- Happy** – cheerful, joyful, gratified, optimistic
- Inferior** – worthless, inadequate, defective, incompetent
- Jealous** – insecure, resentful, envious, threatened
- Lonely** – unloved, unwanted, rejected, alone, abandoned, isolated
- Loved** –accepted, appreciated, warm,
- Sad** – blue, depressed, down, unhappy, despair, terrified
- Scared** – afraid, fearful, concern, insecure, overwhelmed, panicky
- Shocked** – traumatized, disturbed, injured, damaged
- Thankful** – grateful, pleased
- Worried** – anxious, panicky, nervous, frightened