

Fulfilled Feelings

LOVE

Affectionate
Caring
Compassion
Warm

CENTERED

Comfortable
Relaxed

HOPEFUL

Confident
Optimistic
Renewed

ENGAGED

Absorbed
Curious
Engrossed
Fascinated
Interested
Intrigued
Stimulated

REFRESHED

Rested
Restored
Revived

GRATEFUL

Appreciative
Moved
Thankful
Touched

EXCITED

Amazed
Energetic
Enthusiastic
Invigorated
Jazzed
Passionate
Surprised

JOYFUL

Amused
Delighted
Glad
Happy
Pleased
Overjoyed

EXHILARATED

Blissful
Ecstatic
Elated
Thrilled

PEACEFUL

Calm
Comfortable
Quiet
Relaxed
Relieved
Satisfied

INSPIRED

Amazed
Encouraged
Enthusiastic
Moved
Motivated

Unfulfilled Feelings

AFRAID

Apprehensive
Fearful
Frightened
Mistrustful
Panicked
Scared
Terrified
Worried

ANNOYED

Aggravated
Bothered
Displeased
Frustrated
Irritated

ANGER

Angry
Contempt
Enraged
Furious
Livid
Outraged
Resentful

CONFUSED

Ambivalent
Conflicted
Lost
Puzzled

ANXIETY

Agitated
Alarmed
Anxious
Concerned
Disturbed
Flustered
Restless
Shocked
Startled
Surprised
Troubled
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

EMBARRASSED

Ashamed
Mortified
Self-conscious

FATIGUE

Beat
Burned-out
Depleted
Exhausted
Lethargic
Sleepy
Tired
Weary

Wiped out

Worn out

PAIN

Devastated
Grief
Heartbroken
Hurting
Lonely
Miserable
Regretful

TENSE

Anxious
Cranky
Distressed
Distraught
Frazzled
Nervous
Overwhelmed
Restless
Stressed out

VULNERABLE

Fragile
Guarded
Helpless
Insecure
Jealous
Shaky

AVERSION

Disgusted
Hate
Horrificed
Hostility
Repulsed

SAD

Depressed
Dejected
Disappointed
Discouraged
Disheartened
Despondent
Gloomy
Hopeless
Miserable
Remorseful
Unhappy

DISCONNECTED

Apathetic
Bored
Detached
Distant
Envy
Indifferent
Longing
Numb
Removed
Withdrawn
Yearning