

Pleasant Feelings

OPEN

amazed
receptive
satisfied
trusting

HAPPY

cheerful
elated
glad
light-hearted
overjoyed

ALIVE

courageous
energetic
free
relieved
vibrant

GOOD

blessed
comfortable
encouraged
hopeful
relaxed

LOVED

affectionate
caring
protected
secure

INTERESTED

curious
enthusiastic
fascinated
inspired
motivated
stimulated

POSITIVE

assertive
confident
determined
eager
optimistic

STRONG

capable
certain
competent
dynamic
powerful
sure



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Unpleasant Feelings

FRUSTRATED

angry
annoyed
furious
irritated
mad
outraged
upset

GLOOMY

ashamed
depressed
downcast
discouraged
grieved
hopeless
regretful
sad
weak

CONFUSED

bewildered
distrustful
dumbfounded
lost
perplexed
skeptical
uneasy

HELPLESS

distressed
empty
inadequate
inferior
insecure
invisible
useless
worthless

BORED

aloof
apathetic
detached
indifferent
neutral
uncaring

AFRAID

apprehensive
anxious
frightened
scared
worried

HURT

crushed
heartbroken
tormented
wounded

