

## Fulfilled Feelings

### AFFECTIONATE

compassionate  
friendly  
fond  
loving  
openhearted  
sympathetic  
tender  
warm

### CONFIDENT

empowered  
open  
proud  
safe  
secure

### ENGAGED

absorbed  
alert  
curious  
engrossed  
enchanted  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

### EXCITED

amazed  
animated  
ardent  
aroused  
dazzled  
eager  
energetic  
enthusiastic

### (EXCITED

#### cont.'d)

giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### EXHILARATED

blissful  
ecstatic  
elated  
enthralled  
exuberant  
euphoric  
overjoyed  
thrilled

### GRATEFUL

appreciative  
moved  
thankful  
touched

### HAPPY

amused  
blissful  
cheerful  
delighted  
ecstatic  
elated  
giddy  
glad  
joyful  
jubilant  
pleased  
tickled

### HOPEFUL

expectant  
encouraged  
optimistic

### INSPIRED

amazed  
awed  
enthused  
stirred  
wonder

### PEACEFUL

calm  
clearheaded  
comfortable  
centered  
content  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

### REFRESHED

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

## Unfulfilled Feelings

### AFRAID

anxious  
apprehensive  
concerned  
dread  
fearful  
frightened  
insecure  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

### ANNOYED

aggravated  
bothered  
dismayed  
exasperated  
frustrated  
impatient  
irked  
irritated

### ANGRY

enraged  
furious  
incensed  
irate  
livid  
outraged  
resentful

### CONFUSED

ambivalent

### (CONFUSED

#### cont.'d)

baffled  
bewildered  
conflicted  
dazed  
disoriented  
hesitant  
mystified  
perplexed  
puzzled  
torn

### DISQUIET

agitated  
alarmed  
concerned  
disconcerted  
perturbed  
restless  
shocked  
startled  
surprised  
troubled  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### DISCONNECTED

aloof  
apathetic  
bored  
cold  
detached  
distant  
distracted

### EMBARRASSED

ashamed  
chagrined  
flustered  
mortified  
self-conscious

### FATIGUE

depleted  
exhausted  
lethargic  
sleepy  
tired  
weary

### PAIN

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

### SAD

depressed  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy

### TENSE

anxious  
distressed  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless

### VULNERABLE

fragile  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

### YEARNING

envious  
jealous  
longing  
nostalgic