

FEELING WORDS

CALM

quiet
capable
understanding
busy
contented
able
interested
neutral
willing
helpful
normal
caring
placid
peaceful
serene
comfortable
cool
warm
cozy
rested
relaxed

UPSET

sad
sorry
left out
lonely
angry
scared
jealous
helpless
shy
bored
frustrated
stuck
blocked
embarrassed
anxious
naughty
ashamed
clumsy
lazy
misunderstood
grieving
stupid
foolish
dumb
irritated
furious
restless
tense
hungry/thirsty
sleepy
tired
hot/cold

HAPPY

capable
friendly
likable
lovable
joyful
helpful
busy
understanding
generous
satisfied
glad
proud
smart
interested
attractive
willing
appreciated
special
wanted
sharing
excited
joyous
successful
worthwhile
comfortable
cool
restless
wide awake
warm
energetic

SURPRISED

puzzled
anxious
unsure
confused
amazed
worried
excited
startled
stopped
stiff
tight
frozen
jumpy
tense