

Feelings list

Happiness

Delighted, Overjoyed
Ecstatic, Elated, Exhilarated
Energetic Enthusiastic
Excited Thrilled
Turned on
Vibrant, Lively
Buoyant, Elevated
Happy, Cheerful
Light-hearted Merry
Content, Glad, Serene
Keen, Pleased
Gratified, Satisfied

Caring

Adoring, Cherishing
Devoted, Doting
Infatuated, Passionate
Zealous
Admiring, Loving
Affectionate, Fond
Tender, Trusting
Warm-hearted,
Compassionate
Appreciative, Attentive
Friendly, Interested
Tolerant, Yielding

Depression

Alienated, Dejected
Bleak, Desolate, Dismal
Despondent, Empty,
Gloomy, Hopeless
Grieved, Despairing
Worried, Distressed
Demoralised, Devalued
Discouraged, Dispirited
Downcast, Downhearted
Fed up, Lost
Miserable, Tearful
Upset, Weepy
Disappointed, Sorrowful
Glum Low, Down Moody
Sombre, Subdued

Inadequate

Broken, Damaged
Helpless, Powerless Invalid
Useless, Worthless
Defeated, Deficient
Imperfect, Incompetent
Incapable, Incomplete
Ineffective Insignificant
Lacking, Flawed
Small, Unimportant, Inferior
Meagre Puny Uncertain
Weak, Feeble

Fear

Horrified, Paralysed
Terrified, Frozen, Shocked
Frightened, Petrified
Panicky, Afraid
Alarmed, Fearful, Startled
Scared, Skittish, Unsure
Appalled Desperate
Distressed, Intimidated
Apprehensive Awkward
Defensive, Fretful, Nervous
Threatened, Wired
Anxious, Careful, Cautious
Disquieted, Tense, Timid
Uneasy, Watchful Worried,
Vulnerable, Shy

Confusion

Baffled, Befuddled, Chaotic
Flustered, Rattled, Reeling
Shocked, Speechless
Stumped, Stunned, Unsure
Thrown, Trapped, Adrift
Ambivalent, Bewildered
Puzzled, Disconcerted
Disorganised, Foggy, Mised
Mistaken, Misunderstood
Perplexed, Distracted
Uncertain, Undecided

Hurt

Abused, Anguished, Crushed
Degraded, Destroyed
Devastated, Discarded
Disgraced, Forsaken
Humiliated, Punished
Rejected, Ridiculed
Belittled, Criticized
Depreciated, Devalued
Distressed, Injured
Mistreated, Resentful
Tortured, Wounded
Annoyed, Disappointed
Minimised, Neglected,
Tender, Unhappy, Used

Anger

Affronted, Bitter, Rage
Fuming, Furious, Heated
Incensed, Infuriated
Provoked, Seething,
Storming, Vengeful
Vindictive, Aggravated
Annoyed, Antagonistic
Cranky, Exasperated, Fuming
Grouchy, Hostile, Indignant
Irate, Irritated, Offended
Resentful, Bugged Impatient
Irked, Petulant, Sullen

Loneliness

Abandoned, Deserted
Destroyed, Empty
Forsaken, Isolated
Neglected, Ostracised
Rejected, Shunned
Alienated, Alone, Dejected
Despondent, Estranged
Excluded, Lonely,
Oppressed, Uncherished
Detached, Discouraged
Distant, Melancholy,
Separate, Withdrawn

Remorse

Debased, Degraded
Depraved, Disgraced
Exposed, Humiliated,
Judged, Mortified, Shamed
Wrong, Apologetic, Ashamed
Crestfallen, Demeaned
Downhearted, Flustered
Guilty, Regretful, Meek
Repentant, Shamefaced
Sorrowful, Sorry, Bashful,
Chastened Embarrassed,
Hesitant Humble, Sheepish