

Feeling Words Cheat Sheet

Sad	Mad	Scared	Ashamed	Happy
Disappointed	Bothered	Uneasy	Uncomfortable	At ease
Unhappy	Annoyed	Apprehensive	Awkward	Relaxed
Hurt	Perturbed	Cautious	Clumsy	Comfortable
Melancholy	Upset	Startled	Sorry	Content
Discouraged	Fed-up	Insecure	Embarrassed	Peaceful
Lonely	Mad	Nervous	Guilty	Pleased
Heartbroken	Resentful	Anxious	Belittled	Fulfilled
Miserable	Antagonistic	Intimidated	Abashed	Secure
Crushed	Ticked-off	Overwhelmed	Foolish	Glad
Empty	Outraged	Afraid	Humiliated	Delighted
Dejected	Furious	Powerless	Exposed	Joyous
Devastated	Vindictive	Shocked	Broken	Encouraged
Tormented	Enraged	Threatened	Mortified	Cheerful
Depressed	Hateful	Terrified	Ruined	Overjoyed
Numb	Violent	Panic-stricken	Disgraced	Ecstatic