

# List of Emotions and Feelings

## Strong

dynamic  
determined  
confident  
certain  
bold  
ambitious  
unique  
tenacious  
sure  
secure  
powerful  
hardy  
empowered

## Fear

dread  
baffled  
avoidance  
agitated  
vulnerable  
terrified  
tense  
scared  
overwhelmed  
insecure



## Helped

befriended  
appreciated  
accepted  
understood  
saved  
loved  
healed  
empowered  
commended  
cherished  
Blessed

# List of Emotions and Feelings

## Happy

enthusiastic  
delighted  
content  
charmed  
amused  
pleased  
optimistic  
marvelous  
loving  
joyful  
grateful  
Glad

## Embarrassed

inferior  
guilty  
confused  
ashamed  
self-conscious  
repugnant  
pathetic  
lonely  
isolated



## Sad

frustrated  
dismayed  
disgusted  
desperate  
depressed  
dejected  
crushed  
weepy  
upset  
sorrowful  
mournful  
heavy  
Hateful

# List of Emotions and Feelings

## Anger

disgusted  
critical  
bitter  
annoyed  
agitated  
resentful  
raging  
outraged  
mad  
livid  
irritated  
furious  
fed up

## Surprised

exhilarated  
enchanted  
delighted  
curious  
astonished  
stunned  
splendid  
shacked  
replenished  
playful  
passionate  
mystified  
inquisitive  
incredulous  
impressed



## Tired

dull  
drained  
dejected  
burned out  
bored  
weary  
stale  
powerless  
listless  
indifferent  
fatigued  
Exhausted

# List of Emotions and Feelings

## Hurt

damaged  
criticized  
betrayed  
abused  
wounded  
tender  
rejected  
punished  
let down  
jealous  
impaired

## Confident

comforted  
certain  
brave  
assured  
successful  
strong  
secure  
relaxed  
prepared  
peace  
encouraged



## Confusion

upset  
unsure  
uncertain  
tense  
shy  
pessimistic  
perplexed  
lost  
indecisive  
hesitant  
embarrassed  
doubtful

# List of Emotions and Feelings

## Energized

healthy  
focused  
determined  
creative  
vibrant  
strengthened  
renewed  
refreshed  
motivated  
invigorated  
Inspired

## Panic

frozen  
desperate  
anxious  
unsure  
uncomfortable  
troubled  
stunned  
stuck  
mixed up  
Hurt



## Confusion

upset  
unsure  
uncertain  
tense  
shy  
pessimistic  
perplexed  
lost  
indecisive  
hesitant  
embarrassed  
doubtful