

FEELINGS LIST

abrupt	annoyed	balanced	caring	confident
absorbed	antagonistic	beaming	centered	confident
accepting	anxious	beautiful	certain	confounded
aching	appalled	belittled	cheerful	connected
achy	appreciative	bitter	cheerless	conscientious
active	apprehensive	blessed	child like	considerate
adaptable	approachable	blindsided	gratified	constructive
adequate	approving	blissful	euphoric	content
admiring	argumentative	blocked	rapturous	contracted
affectionate	ashamed	blunt	clear	contrary
afflicted	assured	blushing	close	controlling
aggressive	at ease	bold	closed	cooperative
agitated	attached	bored	cold	courageous
agonized	attacked	bossy	combative	courteous
agoraphobic	attacking	brave	comfortable	cowardly
alarmed	attentive	bright	communicative	crabby
alienated	attracted	brutal	comparing	cranky
allowing	authentic	bulldozed	compassionate	craving
alone	authoritative	bullied	complaining	creative
amazed	avoiding	bummed out	complete	critical
amused	aware	burdened	composed	cross
anguished	awkward	calm	compulsive	crushed
animated	bad	carefree	condemning	crying
			condescending	



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curious	disheartened	earnest	expansive	fulfilled
cut off	dishonest	easy	exuberant	fun loving
daring	disillusioned	easygoing	fake	funny
defensive	dismayed	ecstatic	fascinated	furious
dejected	disoriented	efficient	fatigued	gentle
delighted	disrespectful	elated jubilant	fault finding	genuine
demanding	disrupted	embarrassed	fearful	giving
deprived	dissatisfied	embracing	festive	glad
desolate	distant	empathetic	fidgety	glaring
despairing	distracted	empty	fine	gleeful
desperate	distraught	encouraged	flexible	gloomy
despicable	distressed	energetic	flowing	glorious
despondent	distrustful	energized	fluid	glowing
devastated	disturbed	engrossed	focused	glum
devoted	doomed	enjoying	forgiving	good
diminished	doubtful	enraged	fragile	graceful
dirty	down	enthusiastic	free	gracious
disappointed	downhearted	envious	frenzied	grateful
disconnected	drawn	equal	friendly	grateful
discontented	dreadful	exasperated	frightened	great
discouraged	dull	excellent	frisky	grieved
disdainful	dynamic	excited	frowning	groaning
disgusted	eager	exhilarated	frustrated	grouchy



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grounded	humiliated	insensitive	laughing	miserable
grumpy	hungry	inspired	liberated	misgiving
guarded	hurtful	insulted	lifeless	moaning
guilty	immobile	insulting	light	moody
haggard	impatient	insulting	lighthearted	morose
happy go lucky	in good humor	intelligent	listening	motivated
hard	in heaven	intent	lonely	mournful
hardy	in hell	interested	lost	natural
harmonious	in the zone	intimidated	loud	nauseated
hateful	incapable	intolerant	lousy	negative
healthy	incapacitated	intrigued	loved	neglectful
heartbroken	incensed	invaded	low	nervous
helpful	incompetent	involved	mad	no energy
hesitant	indecisive	irate	malicious	non controlling
hitting	indignant	irritated	manipulative	nonjudgmental
honest	inept	jealous	masochistic	observant
honored	inferior	jittery	mature	obsessive
honoring	infuriated	jovial	mean	off
hopeful	inhibited	joyous	meanspirited	offended
hopeless	injured	judgmental	meditative	offensive
hostile	innocent	keen	mellow	off kilter
hotheaded	inquisitive	kind	menaced	OK
humble	insecure	kindly	miffed	open minded



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optimistic	poisonous	repulsed	scornful	shy
out of sorts	powerless	resentful	screaming	sick
outgoing	prejudiced	reserved	secretive	sincere
overbearing	preoccupied	resistant	secure	slighted
overjoyed	present	resourceful	seething	slouching
oversensitive	privileged	respectful	self affirming	slow
overwhelmed	productive	responsible	self castigating	sluggish
pained	punishing	responsive	self conscious	slumped
panicked	pushy	rested	self critical	smiling
paralyzed	quarrelsome	restless	self denigrating	smothered
paranoid	quiet	retaliating	self deprecating	solid
passionate	radiant	revengeful	self hating	sorrowful
pathetic	ranting	rigid	self sufficient	sour
patient	reactive	robotic	sensitive	spirited
perplexed	rebellious	rotten	serene	spiteful
perseverant	receptive	rude	serious	spontaneous
pessimistic	recoiling	sadistic	shaky	spunky
petrified	reflective	sane	shallow	squirming
phobic	rejected	sarcastic	sharing	stable
phony	relaxed	satisfied	sharp	steady
placid	reliable	satisfied	shorttempered	stern
playful	remorseful	scared	shrill	stiff
pleased	reprimanding	scolding	shut down	still



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stilted	tense	twitching	venomous
stonewalling	terrible	unassuming	victimized
stony	terrified	unbending	vigorous
stressed	territorial	unburdened	vindictive
stubborn	thankful	uncaring	violent
stuck	thoughtful	uncertain	vulnerable
suffering	threatened	uncomfortable	waiting
sulky	thrilled	understanding	warm
sullen	ticked off	uneasy	wary
sunny	tickled	unfair	weak
superior	tight	unhappy	weary
supported	timid	unhurried	welcoming
supportive	tired	uninterested	withdrawn
sure	tolerant	unique	wonderful
surprised	top of the world	unpleasant	woozy
suspicious	tormented	unresponsive	worried
swearing	tortured	unsure	wronged
sweet	touched	unwelcoming	yelling
sympathetic	touchy	unworthy	youthful
tactless	trapped	upbeat	
taut	trembling	uplifted	
tearful	troubled	upset	
tenacious	trusting	uptight	
tender	truthful	useless	

