

Feelings List: Identify Your Feeling

Accomplished	Deadened	Frightened	Melancholy	Scorned
Afraid	Defeated	Furious	Miserable	Self-conscious
Agitated	Defective	Glad	Mistrustful	Self-loathing
Alarmed	Defiant	Gloomy	Morose	Shocked
Alert	Dejected	Grateful	Nervous	Sorrowful
Alone	Depressed	Grouchy	Omnipotent	Spiteful
Angry	Devastated	Guilty	Outraged	Strong
Anguished	Disappointed	Happy	Panicky	Stubborn
Annoyed	Discouraged	Hateful	Peaceful	Suspicious
Anxious	Disgusted	Helpless	Pleased	Terrified
Apprehensive	Disgusting	Hopeless	Powerful	Threatened
Ashamed	Disillusioned	Horried	Preoccupied	Tormented
Betrayed	Disconnected	Hostile	Pressured	Trapped
Bitter	Distant	Humbled	Proud	Triumphant
Blunted	Dissociated	Humiliated	Regretful	Troubled
Bored	Distrustful	Hurt	Rejected	Uneasy
Calm	Eager	Impatient	Relaxed	Unfulfilled
Capable	Emasculated	Insecure	Relieved	Useless
Cheerful	Embarrassed	Irritated	Remorseful	Vengeful
Compassionate	Empty	Jealous	Repelled	Violated
Competent	Enraged	Joyful	Resentful	Vulnerable
Confident	Euphoric	Lonely	Restless	Warm
Content	Exposed	Loved	Revolted	Withdrawn
Contemptuous	Excited	Loving	Rigid	Worried
Damaged	Frustrated	Mad	Sad	Worthless

Feelings Wheel

