

FEELINGS

www.hearttalkmatters.com

Feelings point us to our needs. This list is neither exhaustive nor definitive. It is intended to support development of feelings literacy.

PEACEFUL

tranquil
calm
content
engrossed
absorbed
expansive
serene
confident
blissful
satisfied
relaxed
relieved
quiet
carefree
fulfilled

LOVING

warm
affectionate
tender
appreciative
friendly
sensitive
compassionate
grateful
nurtured
trusting
open
passionate
thankful
radiant
glorious

HAPPY

glad
excited
hopeful
joyful
satisfied
delighted
stoked
encouraged
confident
inspired
touched
proud
exhilarated
ecstatic
optimistic

PLAYFUL

energetic
effervescent
invigorated
refreshed
alive
lively
exuberant
adventurous
jubilant
buoyant
mischievous
free
silly
crazy
light

INTERESTED

involved
inquisitive
intense
enriched
absorbed
alert
aroused
astonished
curious
eager
enthusiastic
fascinated
intrigued
surprised
inspired

ANNOYED

impatient
pessimistic
disgruntled
frustrated
irritable
irritated
grouchy
agitated
exasperated
disgusted
pissed off
enraged
animosity
bitter
angry
irate
hostile
jealous
furious

SAD

lonely
heavy hearted
troubled
helpless
desperate
blue
distant
despondent
discouraged
distressed
dismayed
disheartened
despairing
sorrowful
unhappy
depressed
hurt
miserable
dejected

AFRAID

scared
fearful
terrified
tense
nervous
jittery
horrified
anxious
worried
on edge
alone
insecure
sensitive
shocked
apprehensive
dread
vulnerable
frightened
suspicious

TIRED

exhausted
fatigued
inert
lethargic
indifferent
weary
overwhelmed
fidgety
helpless
heavy
sleepy
disinterested
reluctant
passive
dull
bored
beat
blah
skeptical

CONFUSED

frustrated
perplexed
hesitant
troubled
uncomfortable
withdrawn
apathetic
embarrassed
desperate
uneasy
irritated
suspicious
unsteady
puzzled
restless
unnerved
lost
disconnected
detached