

Feelings

Compassionate

friendly
loving
open hearted
sympathetic
tender
warm

Engaged

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
stimulated

Hopeful

expectant
encouraged
optimistic

Empowered

confident
open
proud
safe
secure

Inspired

amazed
awed
wonder

Energetic

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
excited
giddy
invigorated
lively
passionate
surprised
vibrant

Grateful

appreciative
moved
thankful
touched

Happy

amused
delighted
glad
jubilant
joyful
pleased
tickled

Blissful

Exhilarated
ecstatic
elated
enthralled

exuberant
radiant
thrilled

Calm

clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
peaceful
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Restored

refreshed
rejuvenated
renewed
rested
restored
revived

Angry

enraged
furious
incensed
indignant
outraged
resentful

Feelings

Anxious

cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

Afraid

apprehensive
dread
foreboding
frightened
mistrustful
panicked
scared
suspicious
terrified
worried

Irritated

annoyed
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient

Dislike

animosity
appalled
contempt
disgusted
hate
horrified
hostile
repulsed

Disconnected

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

Confused

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

Restless

alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

Ashamed

embarrassed
guilty
self-conscious

Tired

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
weary
worn out

Heartbroken

agony
anguished
bereaved
devastated
grief
hurt
lonely
miserable
regretful
remorseful

Sad

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

Vulnerable

fragile
guarded
helpless
insecure
reserved
sensitive
shaky