SKAGIT FAMILY STUDY CENTER
www.selftimeout.com
www.selftimeout.org

FEELING WORDS

I feel _____.

HAPPY	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Adoured Affectionate Amused Apologetic Appreciated Amused Amazing	Alive All Right	Accepted	Abandoned Alienated Apathetic Ashamed	Ambivalent Awkward	Abused Aggravated Agitated Anguished Annoyed	Afraid Alarmed Anxious Appalled Apprehensive Awed
		Belonging	Bad Burdened	Baffled Bewildered Bothered		
Caring Cheerful Confident Contented	Calm	Competent	Condemned Crushed Crying	Constricted	Cheated Contrived Controlled	Concerned
Delighted Determined			Defeated Deflated Degraded Depleted Demoralized Depressed Deprived Devastated Disappointed Discarded Discouraged Disenchanted Disgraced Disheartened Disillusioned Dismal Distant Distraught Distressed Disturbed Doubted	Disorientated Disorganized Distracted Doubtful	Deceived Disgusted Dislike Dismayed Displeased Dominated	Defensive Desperate Doubtful
Ecstatic Elated Encouraged Energized Enthusiastic Exalted Exchange	Empowered		Embarrassed Empty Exhausted		Enraged Exasperated Exploited	
Fantastic Fortunate Fulfilled				Flustered Foggy	Frustrated Fuming Furious	Fearful Fidgety Frantic Frightened Full of dread
Glad Good Grateful Gratified			Guilt Stricken Guilty			Guarded