**SKAGIT FAMILY STUDY CENTER**
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# FEELING WORDS

**I feel _____.**

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