

# ABCs of Feelings

A

afrail  
agitated  
alarmed  
angry  
annoyed  
anxious  
apprehensive  
ashamed  
astounded  
awful

F

fascinated  
fatigued  
fearful  
foolish  
frantic  
frightened  
frustrated  
furious

loved  
loving  
low

satisfied  
scared  
secure  
shaky  
shocked

M

mad  
mean  
mischievous  
miserable  
moody

shy  
silly  
sleepy  
sneaky  
sorry  
startled  
stressed  
stubborn  
stupid  
sullen  
surprised  
suspicious  
sympathetic

B

bashful  
bewildered  
bitter  
bored  
brave

G

glad  
gloomy  
good  
grouchy  
guilty

N

naughty  
nervous  
nice  
numb

C

calm  
cautious  
cheated  
cheerful  
comfortable  
concerned  
confident  
confused  
content  
cross  
curious  
cynical

H

happy  
hassled  
helpful  
helpless  
hesitant  
homesick  
hopeful  
horrible  
hurt  
hysterical

D

optimistic  
overjoyed  
overwhelmed

P

panicky  
patient  
peaceful  
pessimistic  
petrified  
picked on  
playful  
pleased  
proud  
puzzled

T

tense  
terrible  
terrified  
thoughtful  
tired  
troubled

I

ignored  
impatient  
indifferent  
inferior  
insecure  
irked  
irritated

U

uncomfortable  
unhappy  
unsettled  
upset

D

delighted  
depressed  
different  
disappointed  
discouraged  
disgusted  
disturbed  
down

Q

queasy  
queer

V

victorious  
violent

J

jealous  
jittery  
jolly  
joyful

R

refreshed  
rejected  
rejuvenated  
relaxed  
relieved  
reluctant  
resentful  
restless  
riled  
rushed

W

weary  
wonderful  
worried

E

ecstatic  
edgy  
embarrassed  
energetic  
enraged  
exasperated  
excited  
exhausted

K

kind  
kooky

X

xenophobic

L

lazy  
leery  
left out  
lonely

Y

yucky

S

sad  
safe

Z

zany