



























ABCs of Feelings

	afraid agitated alarmed angry annoyed anxious apprehensive ashamed astounded awful		fascinated fatigued fearful foolish frantic frightened frustrated furious		loved loving low		satisfied scared secure shaky shocked shy silly sleepy sneaky sorry startled stressed stubborn stupid sullen surprised suspicious sympathetic
	bashful bewildered bitter bored brave		glad gloomy good grouchy guilty		mad mean mischievous miserable moody		
	calm cautious cheated cheerful comfortable concerned confident confused content cross curious cynical		happy hassled helpful helpless hesitant homesick hopeful horrible hurt hysterical		naughty nervous nice numb		
	delighted depressed different disappointed discouraged disgusted disturbed down		ignored impatient indifferent inferior insecure irked irritated		optimistic overjoyed overwhelmed		panicky patient peaceful pessimistic petrified picked on playful pleased proud puzzled
	ecstatic edgy embarrassed energetic enraged exasperated excited exhausted		jealous jittery jolly joyful		queasy queer		tense terrible terrified thoughtful tired troubled
			kind kooky		refreshed rejected rejuvenated relaxed relieved reluctant resentful restless riled rushed		uncomfortable unhappy unsettled upset
			lazy leery left out lonely		sad safe		victorious violent
							weary wonderful worried
							xenophobic
							yucky
							zany