

# Feelings List

## Accepting / Open

Calm  
Centered  
Content  
Fulfilled  
Patient  
Peaceful  
Present  
Relaxed  
Serene  
Trusting

## Aliveness / Joy

Amazed  
Awe  
Bliss  
Delighted  
Eager  
Ecstatic  
Enchanted  
Energized  
Engaged  
Enthusiastic  
Excited  
Free  
Happy  
Inspired  
Invigorated  
Lively  
Passionate  
Playful  
Radiant  
Refreshed  
Rejuvenated  
Renewed  
Satisfied  
Thrilled  
Vibrant

## Angry / Annoyed

Agitated  
Aggravated  
Bitter  
Contempt  
Cynical  
Disdain  
Disgruntled  
Disturbed  
Edgy  
Exasperated  
Frustrated  
Furious  
Grouchy  
Hostile  
Impatient  
Irritated  
Irate  
Moody  
On edge  
Outraged  
Pissed  
Resentful  
Upset  
Vindictive

## Courageous / Powerful

Adventurous  
Brave  
Capable  
Confident  
Daring  
Determined  
Free  
Grounded  
Proud  
Strong  
Worthy  
Valiant

## Connected / Loving

Accepting  
Affectionate  
Caring  
Compassion  
Empathy  
Fulfilled  
Present  
Safe  
Warm  
Worthy  
**Curious**  
Engaged  
Exploring  
Fascinated  
Interested  
Intrigued  
Involved  
Stimulated

## Despair / Sad

Anguish  
Depressed  
Despondent  
Disappointed  
Discouraged  
Forlorn  
Gloomy  
Grief  
Heartbroken  
Hopeless  
Lonely  
Longing  
Melancholy  
Sorrow  
Tearful  
Unhappy  
Upset  
Weary  
Yearning

## Disconnected / Numb

Aloof  
Bored  
Confused  
Distant  
Empty  
Indifferent  
Isolated  
Lethargic  
Listless  
Removed  
Resistant  
Shut Down  
Uneasy  
Withdrawn

## Embarrassed / Shame

Ashamed  
Humiliated  
Inhibited  
Mortified  
Self-conscious  
Useless  
Weak  
Worthless

## Fear

Afraid  
Anxious  
Apprehensive  
Frightened  
Hesitant  
Nervous  
Panic  
Paralyzed  
Scared  
Terrified  
Worried

## Fragile

Helpless  
Sensitive

## Grateful

Appreciative  
Blessed  
Delighted  
Fortunate  
Grace  
Humbled  
Lucky  
Moved  
Thankful  
Touched

## Guilt

Regret  
Remorseful  
Sorry

## Hopeful

Encouraged  
Expectant  
Optimistic  
Trusting

## Powerless

Impotent  
Incapable  
Resigned  
Trapped  
Victim

## Tender

Calm  
Caring  
Loving  
Reflective  
Self-loving  
Serene  
Vulnerable  
Warm

## Stressed / Tense

Anxious  
Burned out  
Cranky  
Depleted  
Edgy  
Exhausted  
Frazzled  
Overwhelm  
Rattled  
Rejecting  
Restless  
Shaken  
Tight  
Weary  
Worn out

## Unsettled / Doubt

Apprehensive  
Concerned  
Dissatisfied  
Disturbed  
Grouchy  
Hesitant  
Inhibited  
Perplexed  
Questioning  
Rejecting  
Reluctant  
Shocked  
Skeptical  
Suspicious  
Ungrounded  
Unsure  
Worried

# Body Sensations

Achy  
Airy  
Blocked  
Breathless  
Bruised  
Burning  
Buzzy  
Clammy  
Clenched  
Cold  
Constricted  
Contained

Contracted  
Dizzy  
Drained  
Dull  
Electric  
Empty  
Expanded  
Flowing  
Fluid  
Fluttery  
Frozen  
Full

Gentle  
Hard  
Heavy  
Hollow  
Hot  
Icy  
Itchy  
Jumpy  
Knotted  
Light  
Loose  
Nauseous

Numb  
Pain  
Pounding  
Prickly  
Pulsing  
Queasy  
Radiating  
Relaxed  
Releasing  
Rigid  
Sensitive  
Settled

Shaky  
Shivery  
Slow  
Smooth  
Soft  
Sore  
Spacey  
Spacious  
Sparkly  
Stiff  
Still  
Suffocated

Sweaty  
Tender  
Tense  
Throbbing  
Tight  
Tingling  
Trembly  
Twitchy  
Vibrating  
Warm  
Wobbly  
Wooden