

FEELINGS LIST

INSTRUCTIONS

Identify what you are feeling. Whether positive or negative, recognizing your feelings can be the first step to improving your mood.



Amazed
Appreciated
Blessed
Bold
Brave
Cheerful
Confident
Determined
Energetic
Excited
Grateful
Happy
Hopeful
Important
Inspired
Joyful
Liberated
Optimistic
Powerful
Proud
Strong
Successful
Thankful
Valuable



Accepted
Amused
Average
Bored
Calm
Certain
Content
Creative
Fine
Focused
Indifferent
Meh
Numb
Peaceful
Productive
Relaxed
Relieved
Respected
Safe
Satisfied
Secure
Shy
Surprised
Unique



Afraid
Alone
Anxious
Ashamed
Awkward
Cautious
Concerned
Confused
Embarrassed
Fake
Guilty
Inadequate
Incapable
Inferior
Nervous
Scared
Shocked
Stressed
Stupid
Suspicious
Threatened
Uncertain
Uncomfortable
Worried



Crushed
Defeated
Depressed
Desperate
Devastated
Disappointed
Discouraged
Empty
Exhausted
Heartbroken
Helpless
Hopeless
Hurt
Invisible
Lonely
Needy
Overwhelmed
Regretful
Rejected
Sad
Sorry
Trapped
Useless
Weary



Agitated
Angry
Annoyed
Bitter
Defensive
Disgusted
Frustrated
Furious
Hateful
Ignored
Impatient
Insulted
Irritated
Jealous
Misunderstood
Offended
Outraged
Pressured
Provoked
Resentful
Unappreciated
Used
Useless
Wronged



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