

FEELING WORDS (33-3)

WORDS EXPRESSING ANGER

I feel . . .

aggravated	annoyed	bitter	cranky	riled
appalled	disgusted	dismayed	horrified	nauseated
enraged	exasperated	frustrated	furious	hostile
incensed	infuriated	irritated	outraged	provoked
offended	repulsed	revolted	ticked off	wary
resentful	steamed	troubled	upset	vicious

HAPPINESS

amused	blissful	charmed	cheerful	contented
delighted	ecstatic	elated	excited	fabulous
fortunate	giddy	glad	gratified	high
joyous	jubilant	marvelous	pleased	proud
soothed	thrilled	tickled	turned-on	wonderful

HURT

abused	awful	betrayed	devalued	terrible
crippled	diminished	deflated	forgotten	put down
deprived	deserted	dreadful	intimidated	oppressed
damaged	rotten	insulted	neglected	slighted
ignored	isolated	jilted	defeated	
snubbed	upset	cheated	persecuted	

INADEQUACY

helpless	incapable	incompetent	inadequate	inept
inferior	powerless	useless	unworthy	mediocre

FEELING WORDS (33-3)

(continued)

EMBARRASSMENT

absurd	foolish	awkward	mortified	clumsy
conspicuous	disgraced	silly	uncomfortable	humiliated

CONFUSION

addled	baffled	bewildered	confused	rattled
distracted	dumbfounded	flabbergasted	flustered	jarred
jolted	muddled	mystified	perplexed	puzzled
rattled	anxious	disconcerted	dazed	frustrated

SADNESS

anguished	blue	burdened	dejected	depressed
despondent	disappointed	discouraged	disheartened	downcast
heavy hearted	gloomy	let down	low	melancholy
abandoned	alone	deserted	empty	excluded
lonely	friendless	ignored	isolated	jilted
scorned	lost	rejected	pathetic	slighted
miserable	moody	pained	troubled	weary

FEAR

afraid	boxed in	cornered	fearful	frightened
jittery	jumpy	nervous	panicky	scared
shaken	spooked	terrified	threatened	agitated
uneasy	unnerved	overwhelmed	alarmed	worried