

Feeling Words

In order of intensity of feeling from a little to a lot

Mad:	Sad:	Glad:
Bothered	Down	At ease
Ruffled	Blue	Secure
Irritated	Somber	Comfortable
Displeased	Low	Relaxed
Annoyed	Glum	Contented
Steamed	Lonely	Optimistic
Irked	Disappointed	Satisfied
Perturbed	Worn out	Refreshed
Frustrated	Melancholy	Stimulated
Angry	Down hearted	Pleased
Fed up	Unhappy	Warm
Disgusted	Dissatisfied	Snug
Indignant	Gloomy	Happy
Ticked off	Mournful	Encouraged
Bristling	Grieved	Tickled
Fuming	Depressed	Proud
Explosive	Lousy	Cheerful
Enraged	Crushed	Thrilled
Irate	Defeated	Delighted
Incensed	Dejected	Joyful
Burned up	Empty	Elated
Outraged	Wretched	Exhilarated
Furious	Despairing	Overjoyed
Blind rage	Devastated	Ecstatic

Afraid:

Uneasy
Apprehensive
Careful
Cautious
Hesitant
Tense
Anxious
Nervous
Edgy
Distressed
Scared
Frightened
Repulsed
Agitated
Afraid
Shocked
Alarmed
Overwhelmed
Frantic
Panic stricken
Horrorified
Petrified
Terrified
Numb

Confused:

Curious
Uncertain
Ambivalent
Doubtful
Unsettled
Hesitant
Perplexed
Puzzled
Muddled
Distracted
Flustered
Jumbled
Unfocused
Fragmented
Dismayed
Insecure
Dazed
Bewildered
Lost
Stunned
Chaotic
Torn
Baffled
Dumbfounded

Ashamed:

Uncomfortable
Awkward
Clumsy
Self-conscious
Disconcerted
Chagrined
Abashed
Embarrassed
Flustered
Sorry
Apologetic
Ashamed
Regretful
Remorseful
Guilty
Disgusted
Belittled
Humiliated
Violated
Dirty
Mortified
Defiled
Devastated
Degraded