

FEELING VOCABULARY

LA CHEIM BEHAVIORAL HEALTH SERVICES

Warm	Gutsy	Spunky	Defeated	Delighted
Watched	Suspect	Important	Masculine	Disappointed
Judged	Needed	Unneeded	Rejected	No Good
Cared For	Protected	Secure	Hopeless	Light
Lost	Inadequate	Feminine	Disgusted	Used
Rewarded	Appreciated	Unrewarded	Empty	Jumpy
Stopped	Cornered	Risky	Virile	Put Down
Inferior	Childish	Indifferent	Seen	Guilty
Ignored	Unseen	Cuddled	Despised	Startled
Frisky	Helpless	Useless	Giddy	Endless
Childlike	Sunny	Timid	Loved	Bold
Unnoticed	Overloaded	Humiliated	Withdrawn	Serene
Grieved	Poor Me	Avoided	Relieved	Cloudy
Hazy	Strong	Happy	Enduring	Sad
Lonely	Desperate	Powerful	Tough	Confident
Pitiful	Bright	Let Down	Babied	Spiritual
Repaid	Despondent	Close	Stepped On	Weak
Alone	Calm	Quiet	Left Out	Grateful
Foolish	Ashamed	Hopeful	Jittery	Empty
Forced	Trapped	Dejected	Funny	Whole
Shy	Gloomy	Pleasant	Cocky	Content
Tender	Joyous	Peaceful	Captivated	Unhappy
Wounded	Hurt	Martyred	Impish	Attracted
Positive	Complete	Fulfilled	Clumsy	Buoyant
Longing	Heavy	Sprightly	Stingy	Lively
Crushed	Alarmed	Horrorified	Dour	Refreshed
Brave	Washed out	Carefree	Icy	Craving
Needy	Frustrated	Terrified	Unwanted	Scared
Beaten	Frantic	Turned Away	Satisfied	Frightened
Walked On	Tranquil	Irritated	Annoyed	Ridiculed
Humble	Powerless	Jealous	Challenged	Compassionate
Cold	Holy	Despondent	Embarrassed	Drained

FACING YOUR FEELINGS / FEELING YOUR FACES

LA CHEIM BEHAVIORAL HEALTH SERVICES



AGGRESSIVE



AGONIZED



ANXIOUS



APOLOGETIC



ARROGANT



BASHFUL



BLISSFUL



BORED



CAUTIOUS



COLD



CONCENTRATING



CONFIDENT



CURIOUS



DEMURE



DETERMINED



DISAPPOINTED



DISAPPROVING



DISBELIEVING



DISGUSTING



DISTASTEFUL



EAVESDROPPING



ECSTATIC



ENRAGED



ENVIOUS



EXASPERATED



EXHAUSTED



FRIGHTENED



FRUSTRATED



GRIEVING



GUILTY



HAPPY



HORRIFIED



HOT



HUNGOVER



HURT



HYSTERICAL



INDIFFERENT



IDIOTIC



INNOCENT



INTERESTED



JEALOUS



JOYFUL



LOADED



LONELY



LOVESTRUCK



MEDITATIVE



MISCHIEVOUS



MISERABLE



NEGATIVE



OBSTINATE



OPTIMISTIC



PAINED



PARANOID



PERPLEXED



PRUDISH



PUZZLED



REGRETFUL



RELIEVED



SAD



SATISFIED



SHOCKED



SHEEPISH



SMUG



SURLY



SURPRISED



SUSPICIOUS



SYMPATHETIC



THOUGHTFUL



UNDECIDED



WITHDRAWN