

Feelings List

Accepting / Open	Angry / Annoyed	Connected / Loving	Disconnected / Numb	Fragile	Stressed / Tense
Calm	Agitated	Accepting	Aloof	Helpless	Anxious
Centered	Aggravated	Affectionate	Bored	Sensitive	Burned out
Content	Bitter	Caring	Confused	Grateful	Cranky
Fulfilled	Contempt	Compassion	Distant	Appreciative	Depleted
Patient	Cynical	Empathy	Empty	Blessed	Edgy
Peaceful	Disdain	Fulfilled	Indifferent	Delighted	Exhausted
Present	Disgruntled	Present	Isolated	Fortunate	Frazzled
Relaxed	Disturbed	Safe	Lethargic	Grace	Overwhelm
Serene	Edgy	Warm	Listless	Humbled	Rattled
Trusting	Exasperated	Worthy	Removed	Lucky	Rejecting
Aliveness / Joy	Frustrated	Curious	Resistant	Moved	Restless
Amazed	Furious	Engaged	Shut Down	Thankful	Shaken
Awe	Grouchy	Exploring	Uneasy	Touched	Tight
Bliss	Hostile	Fascinated	Withdrawn	Guilt	Weary
Delighted	Impatient	Interested	Embarrassed / Shame	Regret	Worn out
Eager	Irritated	Intrigued	Ashamed	Remorseful	Unsettled / Doubt
Ecstatic	Irate	Involved	Humiliated	Sorry	Apprehensive
Enchanted	Moody	Stimulated	Inhibited	Hopeful	Concerned
Energized	On edge	Despair / Sad	Mortified	Encouraged	Dissatisfied
Engaged	Outraged	Anguish	Self-conscious	Expectant	Disturbed
Enthusiastic	Pissed	Depressed	Useless	Optimistic	Grouchy
Excited	Resentful	Despondent	Weak	Trusting	Hesitant
Free	Upset	Disappointed	Worthless	Powerless	Inhibited
Happy	Vindictive	Discouraged	Fear	Impotent	Perplexed
Inspired	Courageous / Powerful	Forlorn	Afraid	Incapable	Questioning
Invigorated	Adventurous	Gloomy	Anxious	Resigned	Rejecting
Lively	Brave	Grief	Apprehensive	Trapped	Reluctant
Passionate	Capable	Heartbroken	Frightened	Victim	Shocked
Playful	Confident	Hopeless	Hesitant	Tender	Skeptical
Radiant	Daring	Lonely	Nervous	Calm	Suspicious
Refreshed	Determined	Longing	Panic	Caring	Ungrounded
Rejuvenated	Free	Melancholy	Paralyzed	Loving	Unsure
Renewed	Grounded	Sorrow	Scared	Reflective	Worried
Satisfied	Proud	Teary	Terrified	Self-loving	
Thrilled	Strong	Unhappy	Worried	Serene	
Vibrant	Worthy	Upset		Vulnerable	
	Valiant	Weary		Warm	
		Yearning			

Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden