

SKAGIT FAMILY STUDY CENTER

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FEELING WORDS

I feel _____.

HAPPY	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Admired Affectionate Amused Apologetic Appreciated Assured Attentive	Alive All Right	Accepted	Abandoned Alienated Apathetic Ashamed	Ambivalent Awkward	Abused Aggravated Agitated Anguished Annoyed	Afraid Alarmed Anxious Appalled Apprehensive Awed
		Belonging	Bad Burdened	Baffled Bewildered Bothered		
Caring Cheerful Confident Contented	Calm	Competent	Condemned Crushed Crying	Constricted	Cheated Coerced Controlled	Concerned
Delighted Determined			Defeated Deflated Degraded Dejected Demoralized Depressed Deprived Deserted Despised Devastated Disappointed Discarded Discouraged Disenchanted Disgraced Disheartened Disillusioned Dismal Distant Distraught Distressed Disturbed Drained	Directionless Disorganized Distracted Doubtful	Deceived Disgusted Dislike Dismayed Displeased Dominated	Defensive Desperate Doubtful
Ecstatic Elated Encouraged Energized Enthusiastic Excited Exuberant	Empower		Embarrassed Empty Exhausted		Enraged Exasperated Exploited	
Flattered Fortunate Fulfilled				Flustered Foggy	Frustrated Fuming Furious	Fearful Fidgety Frantic Frightened Full of dread
Glad Good Grateful Gratified			Grief Stricken Guilty			Guarded

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HAPPY	SAFE	PROUD	SAD	CONFUSED	ANGRY	SCARED
Hopeful			Helpless Hopeless Hurt Humbled	Hesitant	Harassed Hateful Hostile Humiliated	Horrified Hungry
Interested Involved		Included	Inadequate Islanded Isolated	Immobilized	Incensed Indifferent Irritated	Impatient Insecure Intimidated
Joyful Jubilant Justified						
Liking Loved Loving			Left Out Listless Lonely Lost			
Marvelous			Miserable Mournful	Misunderstood	Mad	
			Neglected			Nervous
	Open Optimistic				Outraged Offended	Overwhelmed
Peaceful Pleased Proud	Protected		Pitiful	Perplexed Puzzled	Patronized Peeved Perturbed Pissed Off Provoked	Panicky Perplexed Petrified
Quiet	Quiet	Quiet	Quiet	Quiet	Quiet	Quiet
	Relaxed Relieved Restful	Respected	Rejected Resigned		Rebellious Repulsed Resentful Ridiculed	Reluctant
Smiling	Secure	Satisfied Skillful Smart Successful	Slighted Sorrowful Sorry	Stagnant Surprised	Sabotaged Seething Smothered Spiteful Stifled Strangled	Shaken Shocked Shy Skeptical Startled Stunned Suspicious Swamped
Terrific Thrilled	Tranquil		Terrible	Torn Trapped Troubled	Throttled Tolerant	Tense Terrified Threatened Timid Tormented
Uplifted			Unappreciated Uncared for Unhappy Uninvolved Unloved Unwanted	Uncertain Uncomfortable Undecided Unsettled Unsure	Uptight Used	Upset Uneasy Unsure
			Wasted Worthless Wounded			Worried