

FEELINGS OF DISCOMFORT DEFINITIONS (PAGE 1)

ABANDONED - Forsaken; the feeling of having others give up interest	DISGRACED - Loss of honor or esteem; shame; discredited
ABUSED - Ill treated or injured; used badly or wrongly	DISGUSTED - Strong aversion, loathing; to be offensive to someone
AFFRAID - Frightened, apprehensive, fearful	DISLIKED - A feeling of aversion or disapproval
AGGRAVATED - Anger or displeasure caused by persistent discomfort	DISMAL - Gloomy, dreary, depressed, unlucky
AGITATED - Stirred up; frustrated; nervous or angry energy	DISORGANIZED - To feel that an expected orderly structure is interrupted
ALARMED - An excited, frightened anticipation of danger	DISSATISFIED - Expressing or showing lack of satisfaction or pleasure
ALIENATED - Change preventing a normal existence; without support	DISTRAUGHT - Almost crazy with anxiety; frantic
ANGRY - Rage, passionate displeasure	DISTRESSED - Discomfort or pain; being in great difficulty or danger
ANGUISHED - Acutely distressed, suffering	DISTRUSTFUL - To have no trust in; to regard with suspicion
ANXIOUS - Worried or uncertain	DISTURBED - To upset the peace of; bothered
APATHETIC - Lack of interest, indifferent, without emotions	DREAD - To anticipate with great apprehension
APPREHENSIVE - To expect with anxiety	EMBARRASSED - To feel awkward, self-conscious, or ashamed
ASHAMED - Feeling shame, dishonor, or disgust at bad behavior	EMPTY - Feeling a lack of reality, substance or value
AWFUL - Very bad, shocking or appalling	ENRAGED - To be filled with rage and anger
AWKWARD - Causing inconvenience or embarrassment	EXASPERATED - Annoyed or irritated beyond measure
BAFFLED - Puzzled or perplexed; confused	EXCLUDED - To be forbidden entry or association; to be kept out;
BARREN - Unprofitable, without result; unable to produce new ideas	EXHAUSTED - Extremely or completely tired, deprived or empty
BELITTLED - To have an achievement seem less than its worth	EXPLOITED - To be used for selfish ends or profit of another
BETRAYED - To have been acted against with treachery	EXPOSED - To feel left uncovered, without protection or shelter
BEWILDERED - To be in mental confusion	FAILURE - Inability to perform a normal function; lack of success
BITTER - Showing deep resentment	FOOLISH - Lacking in good sense or judgement
BOTHERED - To worry persistently	FORGOTTEN - To feel overlooked or left out, to feel left behind
BURDENED - Overloaded with a heavy obligation	FORSAKEN - Deserted, abandoned; broken off from, given up on
CENSURED - To be severely reprovved, criticized or blamed	FRAGILE - Extremely sensitive, delicate, feeling ready to break
CHEATED - To have been tricked or deceived with unfair methods	FRANTIC - Emotionally out of control with anger or frustration
CONDEMNED - To be blamed, censured or prescribed for punishment	FRIGHTENED - A feeling of sudden terror, fear or shock
CONFLICTED - Mental struggle from incompatible or opposing wishes	FRUSTRATED - Thwarted or baffled; being deprived of what is due
CONFUSED - Lacking clarity; perplexity or bewilderment	FURIOUS - Passionately angry, violent or frantic
CONTEMPTUOUS - To despise	GRIEVED - Caused to suffer; burdened
CONTROLLED - To be restrained or regulated by outside forces	GUARDED - Cautious, protective, hesitant
CRIPPLED - To feel disabled, frustrated, or hindered	GUILTY - Feeling as if committing an offense
CRITICIZED - Judged to have fault; censured	HASSLED - To feel persistently annoyed by something or someone
CRUSHED - To be silenced in a humiliating way	HATEFUL - Arousing the sensation of hate; strong dislike
DECEIVED - Given a false impression, misled; led astray	HELPLESS - Unable to tend one's own needs; unable to act at will
DEFEATED - Frustration, prevention of success	HESITANT - Having doubts about taking action or making a decision
DEFENSIVE - Prepared to resist attack; answering back to criticism	HINDERED - Feeling prevented or blocked from progress
DEFRAUDED - To be deprived of something by deception	HOPELESS - Affording no reason for hope
DEGRADED - To be lowered in rank or degree; to debase morally	HORRIBLE - Extremely unpleasant or unpleasing
DEJECTED - Feeling lower in rank or condition	HOSTILE - Antagonistic as in relating to another person
DEMEANED - To be lowered in standing or dignity	HURT - Physical or mental pain or damage; less well-being
DEMORALIZED - Destroyed or weakened morale	HUMILIATED - To suffer by losing dignity or esteem
DEPENDENT - Subordinate; relying on another more than appropriate	IGNORED - To be refused consideration or notice
DEPRESSED - Dispirited, miserable	IMMOBILIZED - Feeling ineffective or unable to act as desired
DESOLATE - Lonely, forlorn, wasted, barren	IMPATIENT - Restless; showing a lack of patience
DESPAIR - To lose hope; hopelessness	IMPOTENT - Having no power or force
DESPERATE - Beyond or almost beyond hope; frantic	INADEQUATE - Not capable of filling a requirement
DEVASTATED - Wasted, ravaged	INCAPABLE - Lacking in ability to achieve the purpose or end
DISAPPOINTED - Thwarted, frustrated, unhappy	INCOMPETENT - Feeling without having the necessary quality or skills
DISCOUNTED - Less esteem; feeling refused, unaccepted, unimportant	INDECISIVE - Hesitant, indefinite; not decisive
DISCOURAGED - To feel courage has been taken away or restricted	INEFFECTIVE - Not able to produce the desired effect

FEELINGS OF DISCOMFORT DEFINITIONS (PAGE 2)

INFERIOR - Of low rank, status, or quality	SAD - Grieving, depressed, sorrowful, drab
INFURIATED - To be filled with fury; enraged	SCARED - To expect with anxiety
INHIBITED - To be restrained from a natural impulse	SCORNED - Ridiculed by feelings of extreme contempt and anger
INSECURE - Feeling unsafe, liable to be ineffective or fail	SEETHING - To be in a state of rage or turmoil
INSIGNIFICANT - Having no importance; meaningless	SELF-CONSCIOUS - Embarrassed by thoughts of making a poor impression
INSULTED - Treated with insolence or contempt	SELF-DOUBT - Lacking confidence in one's own abilities
INTIMIDATED - To feel frightened, or influenced by way of threat	SENSITIVE - Highly responsive or susceptible; easily hurt
INVADED - To feel encroached on; injured	SHAKY - Unsteady, weak, trembling, not firmly based
IRRITATED - Impatiently angry; annoyed	SHOCKED - A sudden or violent emotional disturbance
ISOLATED - To be placed apart and alone; without contact or support	SHY - Finding it hard to overcome self-consciousness
JEALOUS - Hostile towards a rival or one with an advantage	SORROWFUL - Grief, sadness
LONELY - Solitary and feeling of having others give up interest	SPITEFUL - Animosity resulting in the desire to cause injury
LOST - Ruined, bewildered, helpless; unable to find the way	STRESSED - Mental tension resulting from perceived pressures
MANIPULATED - To be caused to act by clever maneuvering	STUBBORN - Inflexibly declining to change a chosen position
MELANCHOLY - Sadness, low spirits	STUNNED - Overcome by paralyzing astonishment or disbelief
MINIMIZED - Underestimated; reduced to the smallest degree	STUPID - Foolish in speech or behavior; lacking intelligence
MISERABLE - Very uncomfortable, unhappy, inadequate, worthless	SUSPICIOUS - Feeling unwise to trust a person or situation
MISJUDGED - To be estimated wrongly or mistakenly	TENSE - Marked by strain or suspense
MISTREATED - To be treated wrongly or badly; abused	TERRIBLE - Excessive; hard to bear
MISUNDERSTOOD - To be interpreted incorrectly, without proper appreciation	TERRIFIED - To be filled with terror or fear
MISUSED - To be treated abusively	THREATENED - Sensing something harmful; unpleasant
MOCKED - Ridiculed, teased or taunted	TIRE - Have endured as much as one is willing to stand
NEEDY - Dependent; not able to trust one's own independence	TORN - The presence of intense and conflicting emotions
NEGLECTED - Disregarded due to someone's carelessness or failure	TORTURED - Intense pain or suffering of body or mind
NERVOUS - Timid, apprehensive, without confidence, self-conscious	TRAPPED - Situation which is a disadvantage or difficult to escape
NUMB - Devoid of sensation or feeling	TROUBLED - Mentally agitated; worried
OFFENDED - Hurt feelings; disgusted	UNAPPRECIATED - Feeling without gratitude or understanding from others
OUT OF CONTROL - Feeling controlled by circumstances or others	UNATTRACTIVE - Believing appearance or attributes are displeasing
OUTCAST - Cast out from friends, family, or society, alone	UNCERTAIN - Not sure; confused
OUTRAGED - A provoked feeling of anger or resentment	UNCOMFORTABLE - Feeling discomfort
OVERLOADED - Pressure or expectations are seen as too much to cope	UNDECIDED - Not having reached a decision
OVERLOOKED - Failure to be noticed or acknowledged	UNDERMINED - Feeling subverted or weakened
OVERWHELMED - To feel emotionally unable to act	UNEASY - Uncomfortable, restless, disturbed, troubled
PAINED - Feeling or showing pain or hurt	UNHAPPY - Sad, unlucky, low spirits
PANIC - To lose control of behavior out of sudden, intense fear	UNPREPARED - Being unready for a purpose, use or activity
PARALYZED - Inability to act or move	UNSETTLED - Not decided or determined; not resolved or worked out
PERPLEXED - Puzzled, confused, difficult to understand, complicated	UNSTABLE - Condition that may easily change; emotional instability
PERSECUTED - Pursued, harassed; annoyed by persistent approaches	UNSURE - Uncertain, confused
PESSIMISTIC - The tendency to expect the worst or stress the worst	UNWORTHY - Lacking in excellence or value; undeserving
PETRIFIED - Afraid or worried; unable to act due to fear	UPSET - Emotionally or physically distressed or disturbed
POWERLESS - Without power; unable	UPTIGHT - Not relaxed; shows nervous tension; rigid; conservative
PRESSURED - Feeling the burden of distress	USED - Exploited or taken advantage of
PROVOKED - Incited into anger	USELESS - Of no practical value; rendering no service whatsoever
PUZZLED - To be uncertain as to action or choice	VENGEFUL - Having a desire to seek revenge; right a wrongdoing
REGRETFUL - Emotion resulting from wishing a situation was different	VIOLATED - To be harmed, disregarded or interrupted
REJECTED - Cast off, set aside, not accepted, as faulty or useless	VULNERABLE - Open to attack, hurt or injury
REMORSEFUL - Painful recollection of something harmful done or said	WEAK - Feeble, ineffective, lacking the ability
RESENTFUL - To be filled with fury; enraged, bitter, hostile	WORRIED - To feel disturbed through fear regarding some event
RIDICULED - Mocked; being made fun of	WORTHLESS - Feeling of no worth
ROTTEN - Completely unsatisfactory; very unpleasant	WOUNDED - To have one's feelings hurt