

## Feelings List

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 Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut Down Uneasy Withdrawn 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

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