

I feel...

		
Accepted	Abandoned	Exhausted
Admired	Aggravated	Fed up
Appreciated	Alarmed	Foolish
Brave	Angry	Frantic
Confident	Afraid	Frightened
Calm	Alienated	Frustrated
Content	Alone	Furious
Comfortable	Annoyed	Guilty
Cared about	Anxious	Heartbroken
Caring	Antagonistic	Helpless
Excited	Arrogant	Hopeless
Ecstatic	Ashamed	Horrified
Elated	Awful	Humiliated
Encouraged	Awkward	Hurt
Enthusiastic	Bad	Ignored
Fortunate	Belittled	Insecure
Fulfilled	Bewildered	Invisible
Grateful	Bitter	Impatient
Happy	Bored	Invalidated
Hopeful	Bothered	Irritated
Included	Cautious	Lonely
Inspired	Concerned	Manipulated
Interested	Confused	Misunderstood
Joyous	Controlled	Neglected
Moved	Cynical	Nervous
Needed	Defeated	Overwhelmed
Optimistic	Degraded	Puzzled
Patient	Dejected	Reluctant
Peaceful	Depressed	Resentful
Pleased	Desperate	Sad
Powerful	Disappointed	Self-conscious
Proud	Discouraged	Shocked
Relaxed	Disgusted	Skeptical
Relieved	Disillusioned	Terrified
Respected	Disliked	Threatened
Safe	Dissatisfied	Trapped
Stimulated	Distrustful	Uncomfortable
Supported	Disturbed	Unhappy
Thankful	Drained	Used
Touched	Embarrassed	Vulnerable
Trustful	Emotional	Worthless
Valued	Enraged	Wronged
Understood	Envious	
Worthy		