

Feelings and Emotions¹

Annoyed

bitter
edgy
exasperated
frustrated
grumpy
impatient
irritable
irked

Angry

agitated
enraged
exasperated
furious
irate
outraged
resentful
upset

Aversion

appalled
contempt
disgusted
dislike
horrified
repulsed

Confused

baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled

torn

Discomfort

agitated
alarmed
discombobulated
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
uncomfortable
uneasy
unsettled

Disconnected

apathetic
bored
distant
distracted
indifferent
numb
uninterested
withdrawn

Embarrassed

ashamed
flustered
guilty
self-conscious

Fearful

afraid

apprehensive

anxious
distress
frightened
hesitant
nervous
panicked
paralyzed
petrified
scared
tense
terrified
worried

Pain

agony
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Sad

depressed
despondent
disappointed
discouraged
disheartened
dismayed
gloomy
heavy hearted
hopeless
troubled
unhappy

wretched

Stressed/Tired

burnt out
depleted
exhausted
fatigued
listless
overwhelmed
restless
sleepy
weary
worn out

Vulnerable

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky
tender

Yearning

envious
jealous
longing
pining
wishful

Affectionate

compassionate
friendly
loving
sympathetic

tender
warm

Interested
absorbed
alert
curious
enchanted
engaged
fascinated
intrigued
spellbound
stimulated

Glad

alive
amazed
amused
awed
encouraged
energetic
enthusiastic
excited
grateful
happy
hopeful
inspired
invigorated
joyful
motivated
optimistic
pleased
thrilled
wonder

Grateful

appreciative
moved

thankful
touched

Hopeful

encouraged
expectant
optimistic

Peaceful

calm
comfortable
centered
composed
content
fulfilled
relaxed
relieved
satisfied

Rested

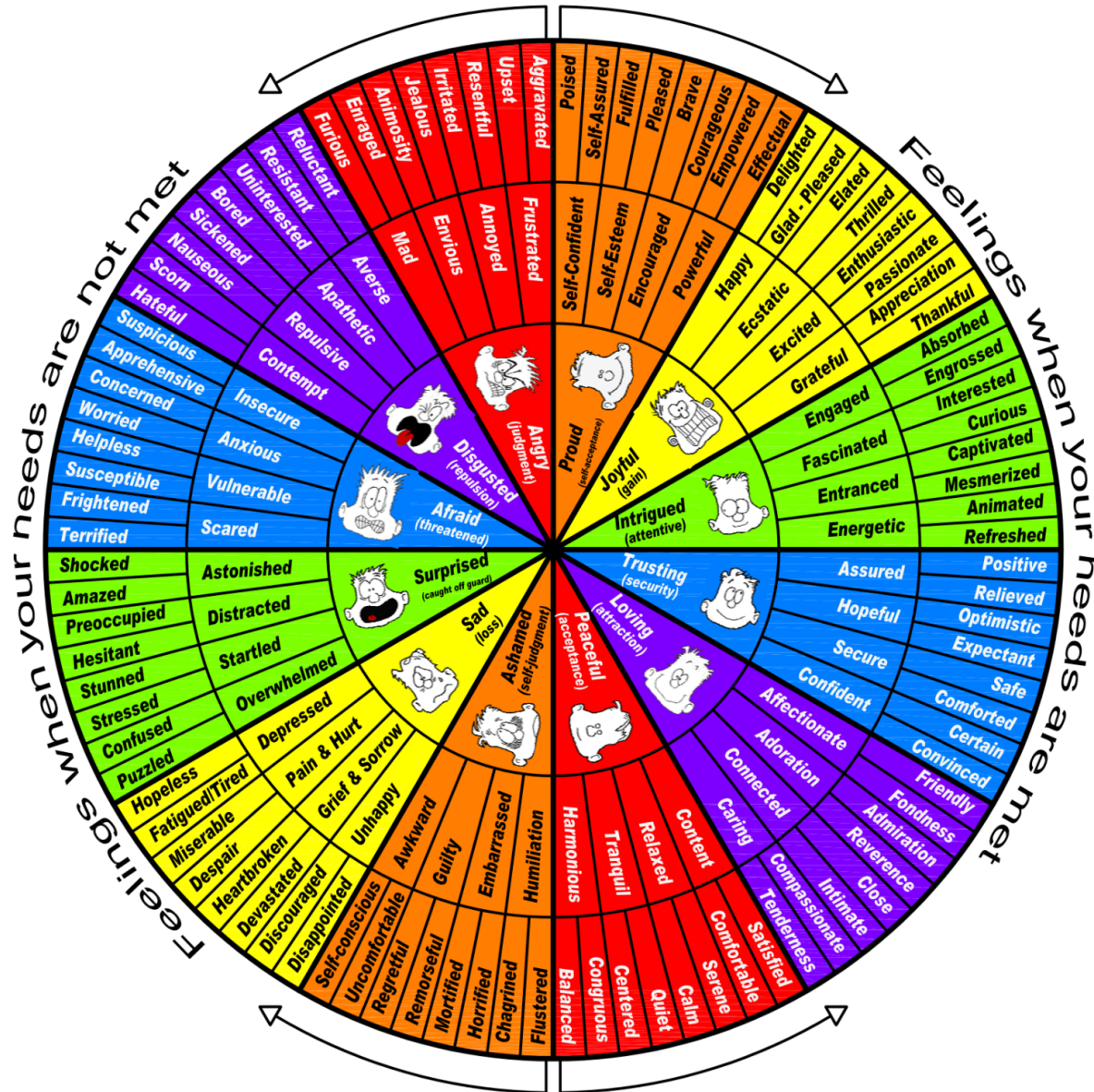
alert
alive
energized
invigorated
refreshed
rejuvenated
relaxed
renewed

These are NOT feelings, but perceptions...

Abandoned
Abused
Attacked
Betrayed
Blamed
Cheated
Coerced
Criticized
Dismissed
Disrespected
Excluded
Ignored
Insulted
Intimidated
Manipulated
Misunderstood
Neglected
Overworked
Pressured
Provoked
Rejected
Unappreciated
Unheard
Unloved
Unwanted
Used
Violated
Wronged

¹ Adapted from GrokTheWorld.com. (2021). Feelings, needs, body sensations lists. Grok-The-World. <https://bit.ly/4eldlYv>

Feelings Wheel²



² Adapted from The Feelings Wheel, based on Nonviolent Communication by Marshall Rosenberg, Ph.D. Artwork by Bret Stein.