

List of Feelings to Help Identify: Step 4

Able	Eager	Intimidated	Relaxed
Adequate	Empty	Indifferent	Relieved
Agonized	Energetic	Isolated	Remorseful
Alone	Envious	Jealous	Restless
Ambivalent	Evil	Joyous	Rushed
Angry	Exasperated	Jumpy	Sad
Annoyed	Excited	Kind	Satisfied
Anxious	Exhausted	Lazy	Scared
Ashamed	Fascinated	Left out	Screwed up
Bad	Fearful	Lonely	Selfish
Beautiful	Flustered	Longing	Sexy
Betrayed	Foolish	Loving	Shocked
Bitter	Frantic	Low	Silly
Bold	Frustrated	Mad	Skeptical
Bored	Frightened	Mean	Sorrowful
Brave	Free	Miserable	Spiteful
Burdened	FuU	Naughty	Startled
Calm	Furious	Neglected	Strange
Capable	Glad	Nervous	Stunned
Cheated	Good	Nice	Sympathetic
Childish	Greedy	Nutty	Tempted
Competitive	Grief	Obnoxious	Tense
Condemned	Guilty	Obsessed	Terrible
Confused	Happy	Odd	Threatened
Confident	Hateful	Opposed	Tired
Concerned	Helpful	Overwhelmed	Trapped
Crushed	Helpless	Pained	Troubled
Deceitful	High	Panicked	Uninvolved
Defective	Homesick	Peaceful	Uneasy
Delighted	Honored	Persecuted	Used
Depressed	Horrible	Petrified	Useful
Desirous	Hostile	Pitiful	Violent
Despairing	Hurt	Pleasant	Vulnerable
Destructive	Hysterical	Pressured	Weak
Determined	Ignored	Pretty	Weepy
Different	Imposed on	Powerful	Wicked
Discontented	Impressed	Proud	Wise
Distracted	Infatuated	Quiet	Wonderful
Distraught	Infuriated	Rage	Worried
Disturbed	Inspired	Rejected	

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