

Feeling Words

Helpful words to use when trying to identify and describe precisely what you, or someone else, is feeling.

Happy	Sad	Angry	Afraid	Excited	Brave
Pleased	Depressed	Annoyed	Anxious	Enthusiastic	Fearless
Cheerful	Down	Irritated	Fearful	Motivated	Courageous
Invigorated	Miserable	Furious	Panicky	Stimulated	Daring
Blissful	Burdened	Murderous	Timid	Aroused	Bold
Carefree	Desolate	Rebellious	Insecure	Elevated	Confident
Hearty	Pensive	Aggressive	Threatened	Engaged	Unconcerned
Ecstatic	Distressed	Aggrieved	Intimidated	Energised	Unintimidated
Optimistic	Awful	Moody	Uneasy	Alive	Unafraid
Joyful	Sorry	Vicious	Unsure	Thrilled	Undaunted
Fulfilled	Cheerless	Frustrated	Nervous	Ecstatic	Resolute
Positive	Negative	Hateful	Terrified	Animated	Sure
Motivated	Mournful	Cross	Scared	Euphoric	Adventurous
Elated	Grief	Enraged	Apprehensive	Rapt	Secure
Delighted	Bereaved	Exasperated	Startled	Over the moon	Calm
Exhilarated	Unmotivated	Resentful	Concerned		
Jubilant	Discontented	Indignant	Worried		
Thrilled	Unhappy	Displeased	Angst		
Gratified	Blue	Uptight	Frightened		
Jolly	Gloomy	Bad-tempered	Timid		
Glad	Glum	Tense	Alarmed		
Merry	Grief-stricken	Touchy	Disturbed		
Cheery	Tearful	Cantankerous			
Chirpy	Distressed	Fuming			

