

FEELINGS MENU
(List of synonyms for “Feelings” words)
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Happy

<i>good</i>	<i>pleased</i>	<i>elated</i>	<i>excited</i>
<i>well</i>	<i>self-satisfied</i>	<i>euphoric</i>	<i>content</i>
<i>cheerful</i>	<i>delighted</i>	<i>joyful</i>	

Sad

<i>blue</i>	<i>dispirited</i>	<i>downhearted</i>	<i>despondent</i>
<i>discouraged</i>	<i>down</i>	<i>melancholic</i>	<i>distressed</i>
<i>depressed</i>	<i>gloomy</i>	<i>despaired</i>	<i>dismal</i>
<i>glum</i>	<i>low</i>		

Inadequate

<i>powerless</i>	<i>uncertain</i>	<i>defeated</i>	<i>incapable</i>
<i>unsure</i>	<i>not-up-to-it</i>	<i>worthless</i>	<i>overwhelmed</i>
<i>doubtful</i>	<i>not confident</i>	<i>hapless</i>	<i>weak</i>
<i>uncertain</i>	<i>diffident</i>	<i>weak</i>	

Afraid

<i>scared</i>	<i>horrified</i>	<i>apprehensive</i>	<i>timid</i>
<i>anxious</i>	<i>fearful</i>	<i>intimidated</i>	<i>dreadful</i>
<i>panicky</i>	<i>shaky</i>	<i>nervous</i>	<i>disturbed</i>
<i>troubled</i>	<i>worried</i>		

Guilty/Ashamed

responsible
regretful
remorseful

humiliated *embarrassed*
disgusted with yourself

bad
haughty

Confident

adequate
strong
up-to-it
brave

certain
sure
convinced
daring

powerful
capable
proud
superior

right-on
competent
useful

Angry

teed-off
ticked-off
resentful
perturbed
mad

furious
miffed
hostile
outraged
cross

enraged
irritated
annoyed
agitated
vexed

pissed-off
irked
seething
chagrined
bitter

Hurt

discounted
disappointed
pained

used
humiliated
betrayed

debased
devastated
attacked

anguished
rejected