

Angry, mad: upset with someone who did something you did not like, or who did not do something you wanted done; perceived injustice

Annoyed, peeved: slightly angry

Anxious: uncertain about the future

Apprehensive: uncertain about the future

Envious: desiring what someone else has

Frightened, fearful, panicked: feeling like something bad is going to happen; feeling like there is impending danger

Frustrated: upset because you cannot do something that you want to do; being unable to achieve something

Furious, livid, enraged: very angry

Irritated: slightly angry

Jealous: feeling like a relationship is threatened

Nervous, tense: feeling uncertain about the future; sensing that something bad may happen

Pressured: feeling that something at stake is dependent on the outcome of your behavior

Restless: unable to relax or rest

Scared, afraid: feeling like something bad is going to happen; feeling like there is impending danger

Shocked, stunned: to feel great surprise

Stressed, overwhelmed: feeling like you have too many demands and not enough resources

Apathetic, bored: showing or feeling no enthusiasm or concern

Ashamed: bad feeling about oneself that can result in diminished self-worth

Confused: unable to understand

Disappointed, displeased: sad because something did not happen the way you wanted it to happen; feeling like your expectations are not met

Discouraged: sad because something did not happen the way you wanted it to happen; feeling like your expectations are not met

Disgusted: a strong feeling of dislike or disapproval of something

Embarrassed: feeling uncomfortable about something you did

Excluded, alienated, alone, isolated: feeling sad because you are by yourself and not with others; feeling left out

Glum, down, drained, mopey, tired, exhausted, spent: low in spirits and not enough energy

Guilty: feeling of responsibility or remorse for something you did

Hurt: emotional pain because someone did or said something that made you feel left-out, not approved of, or not liked

Lonely: feeling sad because you are by yourself and not with others; feeling left out

Pessimistic, hopeless: expecting bad things to happen

Sad, miserable: feeling bad, like you might cry

Timid: showing a lack of courage or confidence

Worried, troubled, uneasy, concerned: afraid that something you don't like may happen; thinking about all the bad things that may happen

Brave: feeling strong when you do something, even though it is hard or scary

Cheerful, pleased, enthusiastic, delighted: noticeably happy

Confident: believing in yourself and your abilities

Curious: wanting to know more about something or someone

Ecstatic, thrilled, elated, blissful: overwhelming happiness or joyful excitement

Energetic, energized: raise to a higher energy level

Excited: having strong happy feeling about something

Focused: able to concentrate and ready to learn

Happy, pleasant, upbeat: feeling good, pleasant, comfortable, satisfaction, or enjoyment

Joyful: causing great pleasure and happiness

Lively, hyper: full of life; active and outgoing

Optimistic, hopeful: confident about the future

Productive, motivated, inspired: able to get things done or do something; eager to act, create or feel something

Proud: happy about something you did well

Silly: playful, funny

Successful: having accomplished something

Calm, carefree: feeling relaxed; not showing or feeling nervousness or anxiety; free from disturbance; untroubled

Caring: looking after others, making sure others are okay

Compassionate: being moved by another's suffering and wanting to help

Content, at ease: free from worry

Cooperative, thoughtful: willing and able to work well with others

Grateful: showing an appreciation of kindness; thankful

Kind: being nice to others

Loved, belonging, included: feel cared for and secure in relationships;

Peaceful: feeling relaxed; not showing or feeling nervousness or anxiety; free from disturbance; untroubled

Relaxed, comfortable, restful, mellow: at ease, free from tension, anxiety, or worry

Relieved: feeling better after a distressing situation is over; no longer feeling distressed or anxious

Safe: free from danger

Satisfied, fulfilled: feeling that one's needs are fulfilled

Secure: feeling confident and free from danger

Serene, tranquil: feeling relaxed; not showing or feeling nervousness or anxiety; free from disturbance; untroubled

Sympathetic: feeling sorrow for someone else's misfortune