

# The Vocabulary of Feelings

Levels of Intensity	Happy	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt/Shame
<b>S T R O N G</b>	Thrilled On cloud nine Ecstatic Overjoyed Excited Elated Sensational Exhilarated Fantastic Terrific On top of the world Turned on Euphoric Enthusiastic Delighted Marvelous Great	Tenderness toward Affection for Captivated by Attached to Devoted to Adoration Loving Infatuated Enamored Cherish Idolize Worship	Desolate Dejected Hopeless Alienated Depressed Gloomy Dismal Bleak In despair Empty Barren Grieved Grief Despair Grim	Worthless Good for nothing Washed up Powerless Helpless Impotent Crippled Inferior Emasculated Useless Finished Like a failure	Terrified Frightened Intimidated Horried Desperate Panicky Terror-stricken Stage fright Dread Vulnerable Paralyzed	Bewildered Puzzled Baffled Perplexed Trapped Confounded In a dilemma Befuddled In a quandary Full of questions Confused	Crushed Destroyed Ruined Degraded pain(ed) Wounded Devastated Tortured Disgraced Humiliated Anguished At the mercy of Cast off Forsaken Rejected Discarded	Furious Enraged Seething Outraged Infuriated Burned up Pissed off Fighting mad Nauseated Violent Indignant Hatred Bitter Galled Vengeful Hateful Vicious	Isolated Abandoned All alone Forsaken Cut off	Sick at heart Unforgivable Humiliated Disgraced Degraded Horrible Mortified Exposed
<b>M O D E R A T E</b>	Cheerful Light-hearted Happy Serene Wonderful Up Aglow Glowing In high spirits Jovial Riding high Elevated Neat	Caring Fond of Regard Respectful Admiration Concern for Hold dear Prize Taken with Turned on Trust Close	Distressed Upset Downcast Sorrowful Demoralized Discouraged Miserable Pessimistic Fearful Weepy Rotten Awful Horrible Terrible Blue Lost Melancholy	Inadequate Whipped Defeated Incompetent Inept Overwhelmed Ineffective Lacking Deficient Unable Incapable Small Insignificant Unfit Unimportant Incomplete No good Immobilized	Afraid Scared Fearful Apprehensive Jumpy Shaky Threatened Distrustful Risky Alarmed Butterflies Awkward Defensive	Mixed-up Disorganized Foggy Troubled Adrift Lost At loose ends Going around in circles Disconcerted Frustrated Flustered In a bind Ambivalent Disturbed Helpless Embroided	Hurt Belittled Shot down Overlooked Abused Depreciated Criticized Defamed Censured Discredited Disparaged Laughed at Maligned Mistreated Ridiculed Devalued Scorned Mocked Scoffed at Used Exploited Debased Slammed Slandered Impugned Cheapened	Resentful Irritated Hostile Annoyed Upset with Agitated Mad Aggravated Offended Antagonistic Exasperated Belligerent Mean Vexed Spiteful Vindictive	Lonely Alienated Estranged Remote Alone Apart from others Insulated from others	Ashamed Guilty Remorseful Crummy To blame Lost face Demeaned
<b>M I L D</b>	Glad Good Contented Satisfied Gratified Pleasant Pleased Fine	Warm toward Friendly Like Positive toward	Unhappy Down Low Bad Blah Disappointed Sad Glum	Lacking confidence Unsure of yourself Uncertain Weak Inefficient	Nervous Anxious Unsure Hesitant Timid Shy Worried Uneasy Bashful Embarrassed Ill at ease Doubtful Jittery On edge Uncomfortable	Uncertain Unsure Bothered Uncomfortable Undecided	Put down Neglected Overlooked Minimized Let down Unappreciated Taken for granted	Uptight Disgusted Bugged Turned off Put out Miffed Irked Perturbed Ticked off Fed up Teed off Chagrined Cross Dismayed Impatient	Left out Excluded Lonesome Distant Aloof	Regretful Wrong Embarrassed At fault In error Responsible for Blew it Goofed Lament