



## Feelings List

<b>Accepting / Open</b>	<b>Angry / Annoyed</b>	<b>Connected / Loving</b>	<b>Disconnected / Numb</b>	<b>Fragile</b>	<b>Stressed / Tense</b>
Calm	Agitated	Accepting	Aloof	Helpless	Anxious
Centered	Aggravated	Affectionate	Bored	Sensitive	Burned out
Content	Bitter	Caring	Confused	<b>Grateful</b>	Cranky
Fulfilled	Contempt	Compassion	Distant	Appreciative	Depleted
Patient	Cynical	Empathy	Empty	Blessed	Edgy
Peaceful	Disdain	Fulfilled	Indifferent	Delighted	Exhausted
Present	Disgruntled	Present	Isolated	Fortunate	Frazzled
Relaxed	Disturbed	Safe	Lethargic	Grace	Overwhelm
Serene	Edgy	Warm	Listless	Humbled	Rattled
Trusting	Exasperated	Worthy	Removed	Lucky	Rejecting
	Frustrated	<b>Curious</b>	Resistant	Moved	Restless
<b>Aliveness / Joy</b>	Furious	Engaged	Shut Down	Thankful	Shaken
Amazed	Grouchy	Exploring	Uneasy	Touched	Tight
Awe	Hostile	Fascinated	Withdrawn	<b>Guilt</b>	Weary
Bliss	Impatient	Interested	<b>Embarrassed / Shame</b>	Regret	Worn out
Delighted	Irritated	Intrigued	Ashamed	Remorseful	<b>Unsettled / Doubt</b>
Eager	Irate	Involved	Humiliated	Sorry	Apprehensive
Ecstatic	Moody	Stimulated	Inhibited	<b>Hopeful</b>	Concerned
Enchanted	On edge	<b>Despair / Sad</b>	Mortified	Encouraged	Dissatisfied
Energized	Outraged	Anguish	Self-conscious	Expectant	Disturbed
Engaged	Pissed	Depressed	Useless	Optimistic	Grouchy
Enthusiastic	Resentful	Despondent	Weak	Trusting	Hesitant
Excited	Upset	Disappointed	Worthless	<b>Powerless</b>	Inhibited
Free	Vindictive	Discouraged	<b>Fear</b>	Impotent	Incapable
Happy	<b>Courageous / Powerful</b>	Forlorn	Afraid	Resigned	Perplexed
Inspired	Adventurous	Gloomy	Anxious	Trapped	Questioning
Invigorated	Brave	Grief	Apprehensive	Victim	Rejecting
Lively	Capable	Heartbroken	Frightened	<b>Tender</b>	Reluctant
Passionate	Confident	Hopeless	Hesitant	Calm	Shocked
Playful	Daring	Lonely	Nervous	Caring	Skeptical
Radiant	Determined	Longing	Panic	Loving	Suspicious
Refreshed	Free	Melancholy	Paralyzed	Reflective	Ungrounded
Rejuvenated	Grounded	Sorrow	Scared	Self-loving	Unsure
Renewed	Proud	Teary	Terrified	Warm	Worried
Satisfied	Strong	Unhappy	Worried		
Thrilled	Worthy	Upset			
Vibrant	Valiant	Weary			
		Yearning			

## Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden