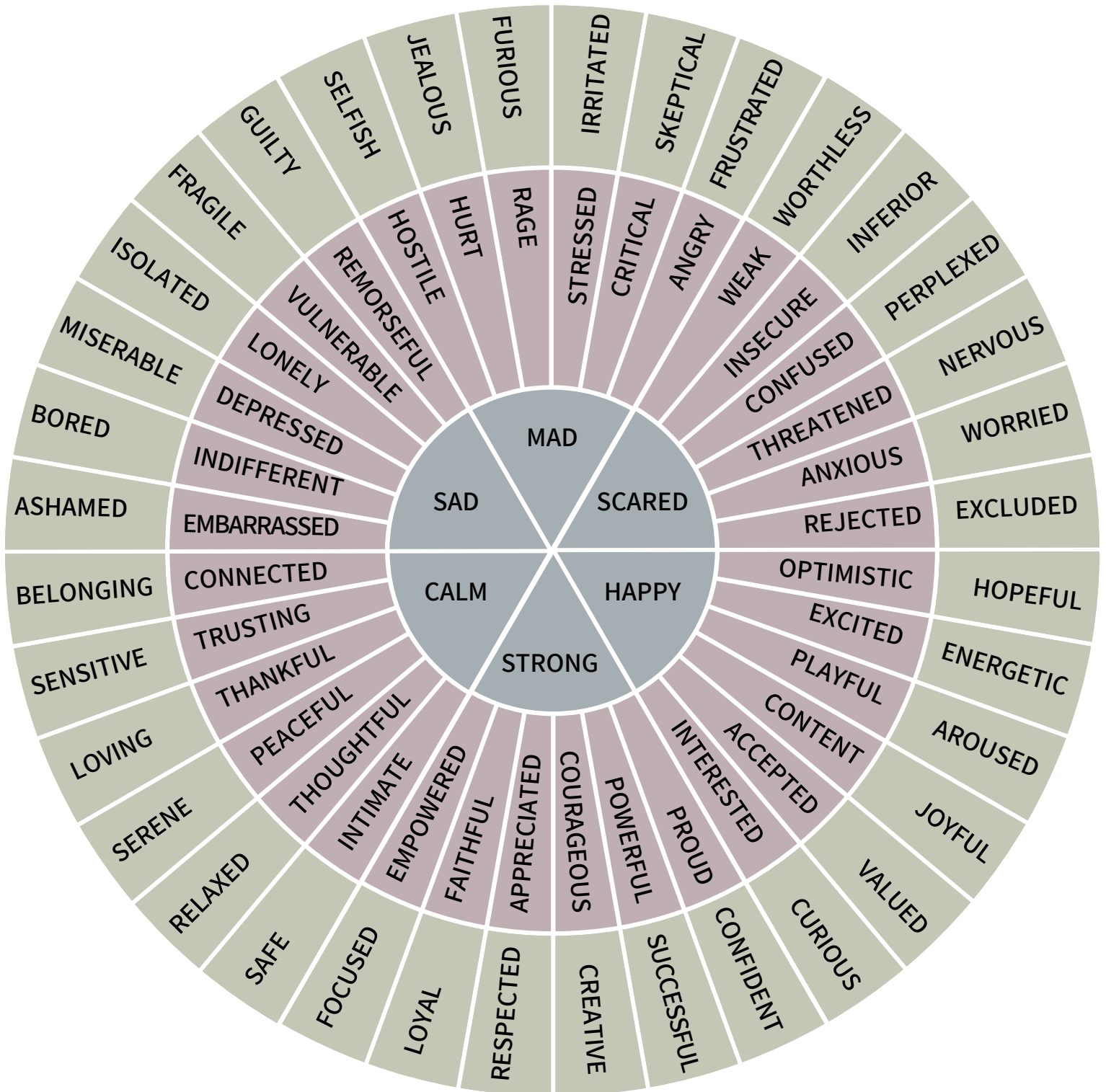


Emotions Wheel



Feelings List

Accepting

Agreeable
Appreciated
Calm
Centered
Content
Fulfilled
Open
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Anger

Aggravated
Agitated
Angst
Annoyed
Antagonistic
Belligerent
Bitter
Bugged
Burned Up
Chagrined
Contempt
Crabby
Cranky
Cynical
Disdain
Disgruntled
Dismayed
Disturbed
Edgy
Enraged
Exasperated
Frustrated
Fuming
Furious

Fury
Galled
Grim
Grouchy
Heated
Hostile
Ill-tempered
Impatient
Incensed
Indignant
Infuriated
Irate
Irritated
Loathing
Moody
Offended
On Edge
Outraged
Petulant
Pissed
Provoked
Resentful
Seething
Sore
Spiteful
Storming
Sullen
Testy
Ticked Off

Truculent
Upset
Uptight
Vengeful
Vindictive
Wrathful

Caring

Admiring
Adoring

Affectionate
Ardent
Attached
Attentive
Cherishing
Compassionate
Considerate
Crazy About
Devoted
Doting
Fervent
Fond
Friendly
Idolizing
Infatuated
Kind
Kind Hearted
Kind Like
Loving
Passionate
Respecting
Sympathetic
Tender
Thoughtful
Tolerant
Trusting
Warm Hearted
Wild About
Yielding
Zealous

Confusion

Adrift
Ambivalent
Awkward
Baffled
Befuddled
Bewildered
Blurred
Chaotic

Confounded
Confused
Dazed
Directionless
Disconcerted
Disordered
Disorganized
Disquieted
Distracted
Disturbed
Dizzy
Doubtful
Flustered
Foggy
Foolish
Frozen
Frustrated
Lost
Misled
Mistaken
Misunderstood
Mixed Up
Mystified
Perplexed
Puzzled
Rattled
Reeling
Shocked
Shook Up
Speechless
Startled
Stumped
Stunned
Taken-aback
Thrown
Torn
Trapped
Troubled
Uncertain

Uncomfortable
Undecided
Unsettled
Unsure

Connected

Accepting
Affectionate
Caring
Compassion
Empathy
Fulfilled
Present
Safe
Warm
Worthy

Curious

Engaged
Exploring
Fascinated
Interested
Involved
Stimulated

Depressed

Adrift
Agony
Alienated
Awful
Barren
Beaten
Blah
Bleak
Blue
Crestfallen
Dejected
Demoralized
Desolate
Despair
Despondent

Feelings List

Devalued
Disappointed
Discouraged
Dismal
Dispirited
Distressed
Down
Downcast
Downhearted
Empty
Fed Up
Foggy
Funk
Gloomy
Glum
Grieved
Grim
Hopeless
Lost
Low
Melancholy
Miserable
Moody
Morose
Regretful
Rotten
Somber
Sorrowful
Subdued
Tearful
Tired
Uncomfortable
Unhappy
Upset
Weepy
Woeful
Worried

Disconnected

Alienated
Aloof
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lazy
Lethargic
Listless
Numb
Removed
Resistant
Shut Down
Uneasy
Uninterested
Withdrawn

Embarrassed

Ashamed
Awkward
Chagrined
Condemned
Demoralized
Exposed
Guilty
Humiliated
Ignored
Inadequate
Incompetent
Inept
Inferior
Inhibited
Insignificant
Mortified
Self-conscious
Shame

Sick
Squashed
Stupid
Ugly
Unaccepted
Useless
Weak
Worthless

Fear

Afraid
Alarmed
Anxious
Apprehensive
Cautious
Defensive
Desperate
Disquieted
Distressed
Fearful
Fretful
Frightened
Hesitant
Horried
Intimidated
Jumpy
Nervous
Panic
Panicky
Paralyzed
Petrified
Scared
Shaky
Shocked
Shy
Skittish
Spinless
Taut
Tense
Terrified
Terror-stricken
Threatened

Timid
Torment
Uneasy
Unsure
Watchful
Wired
Worried
Wreaked

Grateful

Appreciative
Blessed
Delighted
Flattered
Fortunate
Grace
Humbled
Lucky
Moved
Thankful
Touched

Grief

Abandoned
Agony
Burdened
Cheated
Condemned
Crushed
Defeated
Despair
Diminished
Disconnected
Discontented
Discouraged
Disturbed
Divided
Empty
Exasperated
Frantic

Hurt
Ignored
Imposed Upon
Left Out
Lonely
Longing
Melancholy
Miserable

Guilt

Apologetic
Denial
Regret
Remorseful
Sorry

Happy

Jovial
Alive
Amused
Animated
Aroused
Bubbly
Celebratory
Cheerful
Contented
Delighted
Ecstatic
Elated
Elevated
Energetic
Excited
Exuberant
Fine
Glad
Gleeful
Gratified
High Spirits
Keen

Feelings List

Light Hearted
Lively
Merry
Overjoyed
Pleasant
Pleased
Satisfied
Serene
Sparkling
Sunny
Thrilled
Up
Vibrant
Zippy

Hopeful

Encouraged
Expectant
Optimistic
Trusting

Hurt

Abused
Anguished
Annoyed
Arching
Belittled
Cheapened
Criticized
Cruel
Crushed
Damaged
Degraded
Demoralized
Depreciated
Destroyed
Devalued
Devastated
Discarded

Discredited
Disgraced
Distressed
Forsaken
Humiliated
Impaired
Injured
Let Down
Maligned
Marred
Minimized
Mistreated
Mocked
Neglected
Punished
Put Away
Put Down
Rejected
Resentful
Ridiculed
Rueful
Ruined
Scorned
Tender
Tortured
Touched
Troubled
Unhappy
Used
Wounded

Inadequate

Alienated
Blemished
Broken
Crippled
Damaged
Defeated

Deficient
Dopey
Dry
Feeble
Finished
Flawed
Helpless
Impaired
Imperfect
Impotent
Incapable
Incompetent
Incomplete
Ineffective
Inept
Inferior
Insignificant
Invalid
Jealous
Lacking
Lame
Meager
Neediness
Overwhelmed
Powerless
Puny
Sensitive
Small
Substandard
Tenuous
Tiny
Uncertain
Unconvincing
Unimportant
Unsure
Useless
Washed Up
Weak
Whipped
Wishful
Worthless
Zero

Joy

Alive
Amused
Awe
Bliss
Cheerful
Delighted
Eager
Ecstatic
Enchanted
Energized
Engaged
Enthusiastic
Excited
Free
Glad
Happy
Inspired
Invigorated
Jubilant
Passionate
Playful
Pleased
Radiant
Refreshed
Rejuvenated
Renewed
Satisfied
Thrilled
Tickled
Vibrant

Loneliness

Abandoned
Alienated
Alone
Apart
Blue

Cheerless
Companionless
Cut Off
Dejected
Deserted
Despondent
Destroyed
Detached
Discouraged
Distant
Empty
Estranged
Excluded
Forsaken
Isolated
Left Out
Leftover
Lonely
Marooned
Melancholy
Neglected
Oppressed
Ostracized
Outcast
Rejected
Remote
Separate
Shunned
Uncherished
Withdrawn

Loving

Adulation
Affection
Caring
Closeness
Compassionate
Fondness
Friendly

Feelings List

Infatuated	Powerless	Chastened	Defeated	Foreboding	Restless
Lust	Cowardly	Contrite	Dejected	Full of Dread	Shaken
Open Hearted	Impotent	Crestfallen	Depressed	Guarded	Tense
Passionate	Incapable	Culpable	Despondent	Hesitant	Wearry
Sympathetic	Neglected	Debased	Disappointed	Horrificed	Worn Out
Tender	Resigned	Degraded	Discouraged	Impatient	Surprised
Tenderness	Trapped	Demeaned	Drained	Insecure	Astonished
Trust	Victim	Depraved	Forlorn	Intimidated	Curious
Warm	Powerful	Disgraced	Gloomy	Mistrustful	Delighted
Pain	Adventurous	Downhearted	Grief	Nervous	Enchanted
Agony	Assertive	Embarrassed	Heartbroken	Overwhelmed	Exhilarated
Anguished	Bold	Evil	Hollow	Panicky	Impressed
Devastated	Brave	Exposed	Hopeless	Perplexed	Incredulous
Heartbroken	Calculating	Flustered	Isolation	Petrified	Mystified
Hurt	Capable	Guilty	Lonely	Reluctant	Passionate
Lonely	Cocky	Hesitant	Longing	Shaken	Playful
Miserable	Conceited	Humble	Melancholy	Suspicious	Replenished
Regretful	Confident	Humiliated	Misery	Terrified	Shocked
Remorseful	Daring	Judged	Sorrow	Trepidation	Splendid
Suffering	Determined	Meek	Teary	Wary	Startled
Peaceful	Empowered	Mortified	Unhappy	Worried	Stunned
Centered	Free	Penitent	Upset	Stressed	Vulnerable
Clam	Grounded	Regretful	Wearry	Antsy	Fragile
Clear Headed	Proud	Remorseful	Yearning	Anxious	Guarded
Comfortable	Secure	Repentant	Scared	Burned Out	Helpless
Content	Self Assured	Shamed	Afraid	Cranky	Insecure
Equanimous	Strong	Shamefaced	Alarmed	Depleted	Leery
Fulfilled	Triumphant	Sheepish	Anxious	Distraught	Reserved
Mellow	Valiant	Sinful	Appalled	Distressed	Sensitive
Quiet	Worthy	Sorrowful	Apprehensive	Edgy	Shaky
Relaxed	Remorse	Sorry	Cautious	Exhausted	Yearning
Satisfied	Abashed	Wicked	Concerned	Fidgety	Desire
Serene	Apologetic	Wrong	Cowardly	Frazzled	Envious
Serenity	Ashamed	Sad	Defensive	Irritable	Jealous
Still	Bashful	Alienated	Desperate	Jittery	Longing
Subdued	Blushing	Anguish	Doubtful	Nervous	Nostalgic
Tranquil	Chagrined	Crushed	Dread	Overwhelmed	Pining
Trusting				Rattled	Wistful

Feelings List

A

Abandoned
Abashed
Abused
Accepting
Admiring
Adoring
Adrift
Adulation
Adventurous
Affection
Affectionate
Afraid
Aggravated
Agitated
Agony
Agreeable
Alarmed
Alienated
Alive
Alone
Aloof
Ambivalent
Amused
Anger
Angst
Anguish
Anguished
Animated
Annoyed
Antagonistic
Antsy
Anxious
Apart
Apologetic
Appalled
Appreciated

Appreciative
Apprehensive
Arching
Ardent
Aroused
Ashamed
Assertive
Astonished
Attached
Attentive
Awe
Awful
Awkward

B

Baffled
Barren
Bashful
Beaten
Befuddled
Belittled
Belligerent
Bewildered
Bitter
Blah
Bleak
Blemished
Blessed
Bliss
Blue
Blurred
Blushing
Bold
Bored
Brave
Broken
Bubbly
Bugged

Burdened
Burned Out
Burned Up

C

Calculating
Calm
Capable
Caring
Cautious
Celebratory
Centered
Chagrined
Chaotic
Chastened
Cheapened
Cheated
Cheerful
Cheerless
Cherishing
Clam
Clear Headed
Closeness
Cocky
Comfortable
Companionless
Compassion
Compassionate
Conceited
Concerned
Condemned
Confident
Confounded
Confused
Confusion
Connected
Considerate
Contempt

Content
Contented
Contrite
Cowardly
Crabby
Cranky
Crazy About
Crestfallen
Crippled
Criticized
Cruel
Crushed
Culpable
Curious
Cut Off
Cynical

D

Damaged
Daring
Dazed
Debased
Defeated
Defensive
Deficient
Degraded
Dejected
Delighted
Demeaned
Demoralized
Denial
Depleted
Depraved
Depreciated
Depressed
Deserted
Desire
Desolate
Despair

Desperate
Despondent
Destroyed
Detached
Determined
Devalued
Devastated
Devoted
Diminished
Directionless
Disappointed
Discarded
Disconnected
Discontented
Discouraged
Discredited
Disdain
Disgraced
Disgruntled
Dismal
Dismayed
Disordered
Disorganized
Dispirited
Disquieted
Distant
Distracted
Distraught
Distressed
Disturbed
Divided
Dizzy
Dopey
Doting
Doubtful
Down
Downcast
Downhearted
Drained

Feelings List

Dread

Dry

E

Eager

Ecstatic

Edgy

Elated

Elevated

Embarrassed

Empathy

Empowered

Empty

Enchanted

Encouraged

Energetic

Energized

Engaged

Enraged

Enthusiastic

Envious

Equanimous

Estranged

Evil

Exasperated

Excited

Excluded

Exhausted

Exhilarated

Expectant

Exploring

Exposed

Exuberant

F

Fascinated

Fear

Fearful

Fed Up

Feeble

Fervent

Fidgety

Fine

Finished

Flattered

Flawed

Flustered

Foggy

Fond

Fondness

Foolish

Foreboding

Forlorn

Forsaken

Fortunate

Fragile

Frantic

Frazzled

Free

Fretful

Friendly

Frightened

Frozen

Frustrated

Fulfilled

Full of Dread

Fuming

Funk

Furious

Fury

G

Galled

Glad

Gleeful

Gloomy

Glum

Grace

Grateful

Gratified

Grief

Grieved

Grim

Grouchy

Grounded

Guarded

Guilt

Guilty

H

Happy

Heartbroken

Heated

Hesitant

High Spirits

Hollow

Hopeful

Hopeless

Horrificed

Hostile

Humble

Humbled

Humiliated

Hurt

I

Idolizing

Ignored

Ill-tempered

Impaired

Impatient

Imperfect

Imposed Upon

Impressed

Inadequate

Incapable

Incensed

Incompetent

Incomplete

Incredulous

Indifferent

Indignant

Ineffective

Inept

Infatuated

Inferior

Infuriated

Inhibited

Injured

Insecure

Insignificant

Inspired

Interested

Intimidated

Invalid

Invigorated

Involved

Irate

Irked

Irritable

Irritated

Isolated

J

Jealous

Jittery

Jovial

Joy

Jubilant

Judged

Jumpy

K

Keen

Kind

Kind Hearted

Kind Like

L

Lacking

Lame

Lazy

Leery

Left Out

Leftover

Let Down

Lethargic

Light Hearted

Listless

Lively

Loathing

Loneliness

Lonely

Longing

Lost

Loving

Low

Lucky

Lust

M

Maligned

Marooned

Marred

Meager

Meek

Melancholy

Mellow

Merry

Minimized

Miserable

Misery

Misled

Mistaken

Feelings List

Mistreated
Mistrustful
Misunderstood
Mixed Up
Mocked
Moody
Morose
Mortified
Moved
Mystified

N

Neediness
Neglected
Nervous
Nostalgic
Numb

O

Offended
On Edge
Open
Open Hearted
Oppressed
Optimistic
Ostracized
Outcast
Outraged
Overjoyed
Overwhelmed

P

Pain
Panic
Panicky
Paralyzed
Passionate
Patient
Peaceful

Penitent
Perplexed
Petrified
Petulant
Pining
Pissed
Playful
Pleasant
Pleased
Powerful
Powerless
Present
Proud
Provoked
Punished
Puny
Put Away
Put Down
Puzzled

Q

Quiet

R

Radiant
Rattled
Reeling
Refreshed
Regret
Regretful
Rejected
Rejuvenated
Relaxed
Reluctant
Remorse
Remorseful
Remote
Removed
Renewed

Repentant
Replenished
Resentful
Reserved
Resigned
Resistant
Respecting
Restless
Ridiculed
Rotten
Rueful
Ruined

S

Sad
Safe
Satisfied
Scared
Scorned
Secure
Seething
Self Assured
Self-conscious
Sensitive
Separate
Serene
Serenity
Shaken
Shaky
Shame
Shamed
Shamefaced
Sheepish
Shocked
Shook Up
Shunned
Shut Down
Shy
Sick

Sinful
Skittish
Small
Somber
Sore
Sorrow
Sorrowful
Sorry
Sparkling
Speechless
Spinless
Spiteful
Splendid
Squashed

Startled
Still
Stimulated
Storming
Stressed
Strong
Stumped
Stunned
Stupid
Subdued
Substandard
Suffering
Sullen
Sunny
Surprised
Suspicious
Sympathetic

T

Taken-aback
Taut
Tearful
Teary
Tender
Tenderness
Tense

Tenuous
Terrified
Terror-stricken
Testy
Thankful
Thoughtful
Threatened
Thrilled
Thrown
Ticked Off
Tickled
Timid
Tiny
Tired
Tolerant
Torment
Torn
Tortured
Touched
Tranquil
Trapped
Trepidation
Triumphant
Troubled
Truculent
Trust
Trusting

U

Ugly
Unaccepted
Uncertain
Uncherished
Uncomfortable
Unconvincing
Undecided
Uneasy
Unhappy
Unimportant

Feelings List

Uninterested

Unsettled

Unsure

Up

Upset

Uptight

Used

Useless

V

Valiant

Vengeful

Vibrant

Victim

Vindictive

Vulnerable

W

Warm

Warm Hearted

Wary

Washed Up

Watchful

Weak

Weary

Weepy

Whipped

Wicked

Wild About

Wired

Wishful

Wistful

Withdrawn

Woeful

Worn Out

Worried

Worthless

Worthy

Wounded

Wrathful

Wreaked

Wrong

Y

Yearning

Yielding

Z

Zealous

Zero

Zippy