

## FEELINGS

### **peaceful**

relaxed  
open  
at ease  
safe  
calm  
patient  
optimistic  
present  
serene  
quiet  
kind  
warm  
trusting  
open-hearted  
free  
assured  
carefree  
gentle  
balanced  
whole  
satisfied  
relieved  
fulfilled

### **uplifted**

happy  
excited  
hopeful  
joyful  
empowered  
optimistic  
elation  
delighted  
inspired  
proud  
ecstatic  
wonderful  
encouraged  
euphoric  
cheerful  
light  
upbeat  
playful  
invigorated  
refreshed  
alive  
lively  
bouyant

### **engaged**

loving  
interested  
enthusiastic  
understanding  
wonder  
surprised  
fascinated  
involved  
friendly  
inquisitive  
adventurous  
curious  
absorbed  
grateful  
confident  
intense  
aroused  
caring  
affectionate  
tender  
thankful  
mischievous  
reminiscent

### **tense**

mad  
angry  
nervous  
scared  
afraid  
impatient  
desperate  
disgruntled  
frustrated  
irritable  
edgy  
grouchy  
agitated  
suspicious  
conflicted  
exasperated  
disgusted  
bitter  
furious  
enraged  
violent  
bitter  
hostile

### **dispirited**

sad  
heavy  
troubled  
pained  
troubled  
hurt  
heart-broken  
heavy-hearted  
discouraged  
depressed  
helpless  
worried  
exhausted  
lonely  
gloomy  
disheartened  
despairing  
sorrowful  
mourning  
miserable  
melancholy  
pessimistic  
frustrated

### **disengaged**

emotionless  
unsure  
unclear  
reluctant  
detached  
withdrawn  
indifferent  
disinterested  
uncaring  
passive  
confused  
at a loss  
perplexed  
apathetic  
hesitant  
distant  
animosity  
bored  
weary  
tired  
listless  
numb  
drained