

CATEGORIES OF FEELINGS

Levels of Intensity

Strong

Happy

Excited
Elated
Overjoyed
Delighted
Great
Turned on

Sad *

Hopeless
Sorrowful
Depressed
Drained
Lonely
Miserable

Angry

Furious
Seething
Enraged
Disgusted
Bitter
Mad

Scared

Fearful
Panicky
Afraid
Alarmed
Petrified
Terrified

Confused

Bewildered
Trapped
Troubled
Torn
Conflicted
Pulled apart

Mild

Cheerful
Up
Proud
Amused
Eager

Upset
Distressed
Down
Discouraged
Helpless

Annoyed
Frustrated
Agitated
Peaved
Resentful

Threatened
Insecure
Uneasy
Worried
Apprehensive

Disorganized
Mixed-up
Disturbed
Blocked
Frustrated

Weak

Glad
Good
Satisfied
Calm
Content

Sorry
Lost
Bad
Hurt
Ashamed

Uptight
Dismayed
Put out
Disappointed
Bugged

Timid
Unsure
Nervous
Tight
Tense

Bothered
Uncomfortable
Undecided
Uncertain
Puzzled