

The Tool Box

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Words describing a variety of positive emotions & feelings

Think of the difference between fabulous and content or peaceful and giddy.

Amused	Excited	Pleased
Affectionate	Fabulous	Peaceful
Blissful	Fortunate	Proud
Charmed	Giddy	Relieved
Cheerful	Glad	Satisfied
Confident	Gratified	Silly
Content	High	Smart
Curious	Hopeful	Smug
Delighted	Interested	Soothed
Determined	Joyous	Thrilled
Dreamy	Jubilant	Tickled
Ecstatic	Loving	Turned-on
Elated	Marvelous	Wonderful
Enthusiastic	Optimistic	

Words describing a variety of hurt feelings

How different are the needs behind neglected and cheated or jilted and abused?

Abused	Deprived	Insulted
Awful	Deserted	Neglected
Betrayed	Dreadful	Slighted
Devalued	Embarrassed	Ignored
Crippled	Envious	Isolated
Confused	Helpless	Jilted
Diminished	Humiliated	Defeated
Disappointed	Intimidated	Snubbed
Deflated	Oppressed	Upset
Discouraged	Damaged	Cheated
Forgotten	Rotten	Persecuted
Put down	Regretful	Pained
Terrible		

Words describing a variety of negative feelings

Feeling lonely is so different from feeling offended and feeling disgusted is so different from being scared.

Afraid	Exasperated	Provoked
Aggravated	Frustrated	Repulsed
Annoyed	Furious	Revolted
Anxious	Guilty	Resentful
Appalled	Hostile	Riled
Aggressive	Horrified	Scared
Alienated	Incensed	Shocked
Apathetic	Infuriated	Steamed
Bitter	Irritated	Stressed
Bored	Jealous	Suspicious
Cranky	Lonely	Ticked off
Depressed	Mad	Troubled
Disappointed	Miserable	Upset
Disgusted	Nauseated	Vicious
Dismayed	Outraged	Wary
Enraged	Offended	Worried

A variety of words describing inadequacy

Feeling ashamed is very different then feeling bashful or powerless.

Ashamed	Guilty	Overwhelmed
Bashful	Helpless	Paranoid
Cautious	Inadequate	Powerless
Embarrassed	Incapable	Sad
Exhausted	Incompetent	Sorry
Fearful	Inept	Useless
Frightened	Mediocre	Unworthy

