

SOUL WORDS: A Feelings Word List

HAPPY, cheerful, delighted, elated, encouraged, glad, gratified, joyful, lighthearted, overjoyed, pleased, pleased, satisfied, thrilled, secure.

LOVING, affectionate, cozy, passionate, romantic, sexy, warm, tender, responsive, thankful, appreciative, refreshed, pleased.

HIGH ENERGY, energetic, enthusiastic, excited, playful, rejuvenated, talkative, pumped, motivated, driven, determined, obsessed.

AMAZED, stunned, surprised, shocked, jolted, enlightened.

ANXIOUS, uneasy, embarrassed, frustrated, nauseated, ashamed, nervous, restless, worried, stressed.

CONFIDENT, positive, secure, self-assured, assertive.

PEACEFUL, relieved, at ease, calm, comforted, cool, relaxed, serene.

AFRAID, scared, anxious, apprehensive, boxed in, burdened, confused, distressed, fearful, frightened, guarded, hard pressed, overwhelmed, panicky, paralyzed, tense, terrified, worried, insecure.

TRAUMATIZED, shocked, disturbed, injured, damaged.

ANGRY, annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated.

LOW ENERGY, beaten down, exhausted, tired, weak, listless, depressed, detached, withdrawn, indifferent, apathetic.

ALONE, avoidant, lonely, abandoned, deserted, forlorn, isolated, cut off, detached.

SAD, unhappy, crushed, dejected, depressed, desperate, despondent, grieved, heartbroken, heavy, weepy.

BETRAYED, deceived, fooled, duped, tricked, cynical

CONFUSED, baffled, perplexed, mystified, bewildered.

ASHAMED, guilty, mortified, humiliated, embarrassed, exposed.

DISSAPPOINTED, let down, disheartened, disillusioned, distrustful.