

Feelings Inventory

Fulfilled Feelings

<u>Affectionate</u> compassionate friendly fond loving openhearted tender warm	<u>Engaged</u> absorbed curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated	<u>Grateful</u> appreiative moved thankful touched <u>Excited</u> amazed animated ardent aroused dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant	<u>Joyful</u> amused delighted glad happy jolly jubilant merry pleased tickled overjoyed <u>Exhilarated</u> blissful ecstatic elated enthralled exuberant radiant thrilled euphoric	<u>Peaceful</u> calm comfortable centred content equanimity fulfilled mellow relaxed quiet relieved satisfied serene still tranquil <u>Hopeful</u> expectant excited jazzed optimistic up
<u>Self-Connected</u> centred open relaxed	<u>Refr refreshed</u> enlivened recharged rejuvenated renewed rested restored revived			
<u>Inspired</u> amazed awed enthused moved stirred wonder				

Unfulfilled Feelings

<u>Afraid</u> apprehensive dread fearful frightened mistrust panicked petrified wary worried	<u>Confused</u> ambivalent baffled bewildered dazed lost puzzled torn <u>Disquiet</u> Agitated alarmed dismayed restless shocked uneasy unsettled upset	<u>Embarrassed</u> ashamed flustered self-conscious <u>Fatigue</u> exhausted lethargic listless tired worn out <u>Aversion</u> appalled contempt disgusted hate horrified repulsed	<u>Tense</u> anxious cranky edgy irritable nervous overwhelmed <u>Vulnerable</u> fragile guarded helpless insecure reserved shaky <u>Pain</u> agony bereaved grief heartbroken miserable regretful	<u>Sad</u> depressed dejected despair dissappointment forlorn gloomy miserable unhappy <u>Disconnected</u> apathetic bored cold distant indifferent numb removed withdrawn
<u>Annoyed</u> Aggravated bothered frustrated irritated miffed				
<u>Anger</u> Angry enraged furious Outraged resentful	<u>Yearning</u> envious jealous nostalgic wistful			