

FEELINGS LIST © AVERIL LAGERMAN 2024

	HAPPINESS	SADNESS	ANGER	FEAR	HURT	CONFUSION	REMORSE	INADEQUACY	CARE
LIGHT	Fine Content Okay Satisfied Glad Pleasant Calm Open Satisfied	Flat Blah Glum Moody Subdued Uncomfortable Discouraged In a funk In a rut Dejected Gloomy Fed up Blue Nostalgic	Irked Grumpy Peeved Petulant Galled Miffed Displeased Bothered Cross Put out Testy Ruffled Crabby Cranky	Nervous Apprehensive Concerned Hesitant Skittish Disquieted Edgy Unsettled Tense Jittery Uneasy Watchful Cautious Unsure	Dismayed Let down Miffed Pained Bruised Troubled Bothered Slighted Tender Minimised Neglected Maligned Aggrieved	Uncertain Unsure Unclear Unsettled Undecided Wishy-washy Hesitant Puzzled Surprised	Apologetic Chagrined Chastened Humbled Meek Sheepish Reflective Contrite	Discouraged Overlooked Self-doubting Self-conscious Incomplete Hesitant Uncertain Lacking Insecure	Warm Appreciative Aware Considering Thoughtful Sympathetic Understanding Like Interested
MEDIUM	Cheerful Sunny Joyful Lively Elevated Buoyant In high spirits Excited Enthusiastic	Down Low Morose Unhappy Somber Melancholic Lost Tearful Despondent Lonely Distressed Left out	Exasperated Annoyed Frustrated Irritated Agitated Mad Heated Riled up Aggravated	Worried Alarmed Shaked Dread Frightened Spooked Intimidated Fretful Jumpy	Disappointed Offended Wounded Criticised Cheapened Devalued Left out Used Rejected	Foggy Perplexed Ambivalent Adrift Bewildered Jumbled Lost Flustered	Embarrassed Guilty Regretful Penitent Sorry Sorrowful Repentant Despondent	Unseen Lonely Weak Rejected Embarrassed Self-critical Inept Left out Unimportant Sub-standard Feeble Helpless	Admiring Affectionate Fond of Empathic Attached Soft on Partial to Tender Supportive Nurturing Heartfelt
STRONG	Ecstatic Over the moon Overjoyed Elated Delighted Thrilled Euphoric Exhilarated Ebullient Energetic Tickled pink	Hopeless Anguished Awful Depressed Bleak In despair Dismal Miserable Alone Grieving Desolate Heartbroken Devastated	Fuming Indignant Furious Outraged Boiling Seething Irate Wrathful Livid Infuriated Incensed Enraged Explosive	Petrified Panicked Horrified Paralysed Terrified Phobic Threatened Overwhelmed Flooded Immobilised Horror	Belittled Punished Mistreated Tortured Damaged Crushed Forsaken Anguished Scorned Devastated Discarded Betrayed	Frozen Paralysed Reeling Shocked Confounded Flabbergasted Dumbfounded Stunned Disoriented Astonished	Mortified Ashamed Devastated Heartbroken Disgraced Wicked Crushed Distraught Consumed	Unworthy Self-loathing Powerless Inferior Useless Hopeless Left behind Mocked Scorned Discarded Abandoned Defeated	Loving Selfless Familial Adoring Cherishing Doting Idolising Fervent Devoted Committed Protective