

A Vocabulary of Emotions: *I Feel* _____

	Happy	Caring	Confident	High/Low Energy	Vulnerable	Apathetic	Fearful	Sad	Angry	Confused
Mild <i>"A little"</i> <i>"A little bit"</i> <i>"slightly"</i> <i>"mildly"</i>	Glad Grateful Pleased Content Satisfied	Appreciative Friendly Interested in Intrigued by Tender Understanding Warmly toward	Committed Competent Dedicated Determined Focused	Calm Chill Laid back Open Serene	Bashful Chagrined Embarrassed Hesitant Reluctant Sheepish Startled Surprised	Disinterested Dull Flat	Cautious On edge Shy Tense Tentative Timid Uncomfortable Uneasy	Disappointed Down Glum In a funk Lonely Low Somber Subdued Unhappy	Annoyed Bugged Frustrated Grouchy Impatient Irritated Miffed Raw Sullen	Bothered Distracted Uncertain Undecided Unsettled Unsure
Medium	Cheerful Delighted In high spirits Jovial Light-hearted Merry Optimistic Playful	Admiring Affectionate Close to Compassionate Concern for Empathetic Loving Trusting Warm-hearted	Brave Hopeful Optimistic Proud Receptive Resilient	Awake Eager Excited Lazy Relaxed Tired Worn out	Apologetic Contrite Crummy Exposed Guilty Regretful Remorseful Sorry	Aloof Bored Vacant Indifferent Unaffected	Afraid Alarmed Anxious Apprehensive Frightened Worried Nervous Scared	Dejected Disconnected Discouraged Distressed Gloomy Hurt Insignificant Melancholy Upset	Aggravated Agitated Defensive Dismayed Exasperated Indignant Mad Pissed off Resentful	Bewildered Blurry Foggy Lost Misunderstood Perplexed Puzzled Stuck
Strong <i>"extremely"</i> <i>"really"</i> <i>"very"</i> <i>"super"</i>	Amazed Ecstatic Elated Euphoric Exhilarated Overjoyed Thrilled	Adoring Crazy about Devoted Enamored Engrossed Fascinated Passionate Protective of Wild about Zealous	Inspired Daring Brash Bold	Energetic Enthusiastic Exhausted Fatigued Pumped up Weary	Ashamed Delinquent Disgraced Horrible Humiliated Inept Mortified Useless Worthless		Distressed Horried Intimidated Panicked Paralyzed Petrieved Shocked Terrified	Awful Crushed Depressed Desolate Despondent Grieved Hopeless Miserable	Bitter Disgusted Enraged Furious Irate Outraged Vengeful Vindictive	Baffled Confounded Overwhelmed Powerless Rattled Shocked Stumped Stunned Taken-aback