

## POSITIVE FEELINGS

### Love, Affection, Concern, Interest

absorbed	courteous	humane	reasonable
admired	curious	interested	receptive
adorable	dedicated	intrigued	reliable
affected	devoted	inquiring	respectful
affectionate	easy-going	inquisitive	responsible
agreeable	empathetic	just	responsible
altruistic	engrossed	kind	sensitive
amiable	excited	kind-hearted	sweet
benevolent	faithful	kindly	sympathetic
big-hearted	fair	lenient	tender
benign	fascinated	loving	thoughtful
brotherly	forgiving	mellow	tolerant
caring	friendly	mild	trustworthy
charitable	generous	moral	truthful
Christian	genuine	neighborly	understanding
comforting	giving	nice	unselfish
compassionate	good	obliging	warm
concerned	good-humored	open	warm-hearted
congenial	good-natured	optimistic	well-meaning
conscientious	helpful	patient	wise
considerate	honest	peaceful	
cooperative	honorable	pleasant	
cordial	hospitable	polite	

### Elation, Joy

airy	convivial	festive	happy
amused	delighted	fine	hilarious
animated	elated	fit	humorous
at ease	easy	free	in-high-spirit
blissful	ecstatic	frisky	inspired
bright	elevated	gay	jolly
brilliant	enchanted	genial	joyful
buoyant	enthusiastic	glad	joyous
calm	exaltation	gleeful	jubilant
cheerful	exalted	glorious	lighthearted
comfortable	excellent	good	lively
comical	excited	grand	magnificent
complacent	exhilarated	gratified	
contented	fantastic	great	

marvelous  
majestic  
merry  
overjoyed  
peaceful  
playful  
pleasant

proud  
pleased  
satisfied  
serene  
sparkling  
spirited  
splendid

sunny  
superb  
terrific  
thrilled  
tranquil  
tremendous  
triumphant

turned-on  
vivacious  
witty  
wonderful

### **Eager**

agog  
anxious  
ardent

avid  
desirous  
enthusiastic

earnest  
fervent  
hot-headed

intense  
keen  
zealous

### **Potency, Strength, Fearlessness**

able  
adequate  
assured  
audacious  
authoritative  
bold  
brave  
capable  
competent  
confident  
courageous  
daring  
dauntless

determined  
durable  
dynamic  
effective  
encouraged  
energetic  
enterprising  
fearless  
firm  
forceful  
gallant  
hardy  
healthy

influential  
intense  
intrepid  
macho  
manly  
mighty  
lion-hearted  
powerful  
reassured  
resolute  
robust  
secure  
self-important

sharp  
skillful  
spirited  
stable  
stouthearted  
strong  
sure  
tough  
virile  
well-equipped

## **NEGATIVE FEELINGS**

### **Depressed, Sad**

abandoned  
alien  
alienated  
alone  
annihilate  
awful  
battered  
below par

blue  
burdened  
burned  
cast-off  
cheapened  
cheerless  
crestfallen  
crushed

dark  
debased  
defeated  
degraded  
dejected  
demolished  
depressed  
despised

despair  
despondent  
desolate  
destroyed  
discarded  
disconsolate  
discontented  
discouraged

disfavored  
disheartened  
dismal  
done-for  
downcast  
downhearted  
downtrodden  
dreadful  
dreary  
estranged  
excluded  
flat  
forlorn  
forsaken  
frowning  
funeral  
gloomy  
glum  
grieving

grim  
hated  
heavy-hearted  
horrible  
humiliated  
ill at ease  
in the dumps  
jilted  
joyless  
kaput  
left out  
loathed  
lonely  
lonesome  
lousy  
low  
melancholy  
miserable  
mishandled

mistreated  
moody  
moping  
mournful  
obsolete  
ostracized  
out of sorts  
overlooked  
pathetic  
pitiful  
rebuked  
regretful  
reprimanded  
rotten  
ruined  
run-down  
somber  
sorrowful  
spiritless

stranded  
sulky  
sullen  
tearful  
terrible  
unhappy  
unloved  
upset  
valueless  
washed-up  
whipped  
woeful  
worthless  
wrecked

### **Distress, Hurt**

aching  
afflicted  
agonized  
anguished  
at-the-feet-of  
at-the-mercy-of  
awkward  
badgered  
bewildered  
blameworthy  
clumsy  
confused  
constrained  
crushed  
disgusted  
disliked

displeased  
disturbed  
dissatisfied  
distrustful  
doubtful  
foolish  
futile  
grief  
grieved  
heartbroken  
helpless  
hindered  
impaired  
impatient  
imprisoned  
injured

in-pain  
lost  
mournful  
nauseated  
offended  
pained  
pathetic  
perplexed  
plaything-of  
privation  
puzzled  
ridiculous  
sickened  
silly  
skeptical  
speechless

strained  
stressed  
suffering  
suspicious  
swamped  
the-puppet-of  
touchy  
tormented  
tragic  
ungainly  
unlucky  
unpopular  
unsatisfied  
unsure  
victimized  
worried

### **Fear, Anxiety**

afraid  
aghast

agitated  
alarmed

anxiety  
anxious

appalled  
apprehensive  
awed  
bashful  
bullied  
chicken  
cowardly  
desperate  
dismayed  
doubtful  
dread  
embarrassed  
fainthearted  
fear  
fearful

fidgety  
frightened  
jittery  
hesitant  
high  
horrified  
hysterical  
ill-at-ease  
insecure  
intimidated  
jealous  
jumpy  
menaced  
misgiving  
nervous

on-edge  
overwhelmed  
panicky  
paranoid  
petrified  
quaking  
restless  
scared  
shaky  
shocked  
shy  
strained  
stressful  
suspicious  
tense

terrified  
terror-stricken  
threatened  
timid  
timorous  
tremulous  
uncomfortable  
uneasy  
worrying  
yellow

### **Belittling, Criticism, Scorn**

abused  
belittled  
branded  
carped-at  
caviled-at  
censured  
criticized  
defamed  
deflated  
deprecated  
derided  
diminished  
discredited

disdained  
disgraced  
disparaged  
humiliated  
ignored  
jeered  
lamboned  
laughed at  
libeled  
made-light-of  
maligned  
minimized  
mocked

neglected  
overlooked  
poked-fun-at  
pooh-poohed  
pulled-to-pieces  
put down  
ridiculed  
roasted  
scoffed at  
scorned  
shamed  
slammed

slandered  
slighted  
spurned  
underestimated  
underrated  
  
thought-nothing-of  
  
not-taken-seriously

### **Doubtful**

distrustful  
dubious  
hesitant

incredulity  
indecisive  
misgiving

perplexed  
questioning  
skeptical

suspicious  
unbelieving  
uncertain

### **Impotency, Inadequacy**

anemic  
broken

chicken-hearted  
cowardly

crippled  
dead-beat

debilitated  
defective

deficient	inadequate	nerveless	unfit
demoralized	incapable	paralyzed	unimportant
disabled	incompetent	powerless	unqualified
down	indefensible	puny	useless
effeminate	ineffective	rudderless	unsound
exhausted	inefficient	shaken	unsubstantiated
exposed	inept	shaky	vulnerable
feeble	inferior	sickly	weak
flimsy	infirm	small	weak-hearted
fragile	insecure	strengthless	wimp
frail	insufficient	trivial	
harmless	lame	unable	
helpless	maimed	unarmed	
impotent	meek	uncertain	

### **Anger, Hostility, Cruelty**

aggravated	deadly	inflamed	resentful
aggressive	dictatorial	infuriated	revengeful
agitated	disagreeable	inhuman	rough
angry	discontented	insensitive	rude
annoyed	dogmatic	intolerable	ruthless
antagonistic	enraged	intolerant	sadistic
arrogant	envious	irate	savage
austere cool	fierce	irritated	severe
bad-tempered	fuming	mad	spiteful
belligerent	furious	malicious	stern
bigoted	gruesome	mean	stormy
biting	hard	murderous	sulky
bloodthirsty	hard-hearted	nasty	sullen
blunt	harsh	obstinate	unfeeling
boiling	hateful	offended	unfriendly
bullying	heartless	opposed	unmerciful
callous	hellish	oppressive	unruly
cantankerous	hideous	outraged	vicious
cold-blooded	hostile	perturbed	vindictive
combative	hypercritical	piqued	violent
contrary	ill-tempered	poisonous	worked-up
corrosive	impatient	prejudiced	wrathful
cranky critical	inconsiderate	provoked	wrought-up
cross	incensed	rebellious	
cruel	indignant	reckless	