FEELINGS – TO DISCOVER OURSELVES AND OTHERS AS FEELING PERSONS

How Are You Feeling Today?

Abandoned Affectionate Aggressive Amused



Angry Annoyed **Anxious Apathetic** Arrogant **Ashamed** Betrayed Bitter Blissful Boastful Bored Burdened Calm Cautious Cheerful Clever Combative Competitive Confident



Confused Contented Curious Cranky Deceived Defeated

Delighted Despair Determined Depressed Disapproving



Disgusted
Disturbed
Eager
Ecstatic
Egotistical
Embarrassed
Enraged
Excited



Exhausted Fearful Flustered Foolish Frantic



Frightened Frustrated Furious Glad Greedy Grief



Нарру Hateful Helpless Honoured Hopeful Hurt Ignored Inadequate Infuriated Innocent Interested Intimidated Irresistible Jealous Lazy Lonely



Mad
Melancholy
Mischievous
Miserable
Negative
Nervous
Nonchalant
Obstinate
Outraged
Overwhelmed
Panicked
Passive
Petrified

Pleasant Pleased Powerless Proud Quarrelsome Relieved Rejected



Sad Satisfied Seductive Shocked Skeptical Smug



Surprised
Suspicious
Sympathetic
Tempted
Tense
Terrified
Thoughtful
Threatened
Triumphant
Unsettled
Vulnerable
Withdrawn
Worried