

FEELINGS TABLE AND INTENSIFIERS

Weak

Ashamed
Bored
Defenseless
Discouraged
Embarrassed
Exhausted
Fragile
Frail
Guilty
Helpless
Horrible
Ill
Impotent
Inadequate
Insecure
Lifeless
Lost
Overwhelmed
Powerless
Quiet
Useless

Scared

Afraid
Anxious
Concerned
Fearful
Frightened
Horrified
Insecure
Intimidated
Jumpy
Lonely
Nervous
Panicky
Shaky
Shy
Stunned
Tense
Terrified
Threatened
Timid
Uneasy
Unsafe

Confused

Anxious
Awkward
Baffled
Bothered
Crazy
Dazed
Disorganized
Disoriented
Distracted
Disturbed
Embarrassed
Helpless
Numb
Paralyzed
Puzzled
Stuck
Surprised
Trapped
Troubled
Uncertain
Uncomfortable

Angry

Aggravated
Annoyed
Critical
Disgusted
Enraged
Envious
Fed Up
Frustrated
Furious
Hateful
Impatient
Irate
Irritated
Mad
Mean
Murderous
Outraged
Rage
Resentful
Spiteful
Sore

Sad

Apathetic
Awful
Bad
Blue
Crushed
Depressed
Despondent
Disappointed
Dissatisfied
Disturbed
Down
Gloomy
Glum
Hopeless
Hurt
Lonely
Lost
Low
Miserable
Painful
Sorry

Glad

Amused
Calm
Capable
Cheerful
Confident
Content
Energetic
Excited
Fantastic
Grateful
Happy
Healthy
Hopeful
Optimistic
Peaceful
Proud
Powerful
Relaxed
Relieved
Satisfied
Secure