

List of Feelings

DISGUST

Disgust

- ☐ Contempt
- ☐ Disgust
- ☐ Revulsion

DISAPPOINTMENT

Disappointment

- ☐ Disappointment
- ☐ Dismay
- ☐ Displeasure

HORROR

Horror

- | | |
|-----------------------------------|--|
| ☐ Alarm | ☐ Fear |
| ☐ Fright | ☐ Horror |
| ☐ Hysteria | ☐ Mortification |
| ☐ Panic | ☐ Shock |
| ☐ Terror | |

ENVY

Envy

- ☐ Envy
- ☐ Jealousy

NEGLECT

Neglect

- | | |
|---------------------------------------|--|
| ☐ Alienation | ☐ Defeat |
| ☐ Dejection | ☐ Embarrassment |
| ☐ Homesickness | ☐ Humiliation |
| ☐ Insecurity | ☐ Isolation |
| ☐ Insult | ☐ Loneliness |
| ☐ Neglect | ☐ Rejection |

NERVOUSNESS

Nervousness

- ☐ Anxiety
- ☐ Apprehension
- ☐ Distress
- ☐ Dread
- ☐ Nervousness
- ☐ Tenseness
- ☐ Uneasiness
- ☐ Worry

EXASPERATION

Exasperation

- ☐ Exasperation
- ☐ Frustration

SADNESS

Sadness

- | | |
|--------------------------------------|---------------------------------------|
| ☐ Depression | ☐ Despair |
| ☐ Gloom | ☐ Glumness |
| ☐ Grief | ☐ Hopelessness |
| ☐ Melancholy | ☐ Misery |
| ☐ Sadness | ☐ Sorrow |
| ☐ Unhappiness | ☐ Woe |

IRRITATION

Irritation

- ☐ Aggravation
- ☐ Agitation
- ☐ Annoyance
- ☐ Grouchiness
- ☐ Grumpiness
- ☐ Irritation

SHAME

Shame

- ☐ Guilt
- ☐ Regret
- ☐ Remorse
- ☐ Shame

RAGE

Rage

- ☐ Anger
- ☐ Dislike
- ☐ Fury
- ☐ Hostility
- ☐ Outrage
- ☐ Resentment
- ☐ Spite
- ☐ Wrath
- ☐ Bitterness
- ☐ Ferocity
- ☐ Hate
- ☐ Loathing
- ☐ Rage
- ☐ Scorn
- ☐ Vengefulness

SUFFERING

Suffering

- ☐ Agony
- ☐ Anguish
- ☐ Hurt
- ☐ Suffering

TORMENT

Torment

- ☐ Torment

SYMPATHY

Sympathy

- ☐ Pity
- ☐ Sympathy

CHEERFULNESS

Cheerfulness

- ☐ Amusement
- ☐ Cheerfulness
- ☐ Ecstasy
- ☐ Enjoyment
- ☐ Gaiety
- ☐ Glee
- ☐ Jolliness
- ☐ Joy
- ☐ Satisfaction
- ☐ Bliss
- ☐ Delight
- ☐ Elation
- ☐ Euphoria
- ☐ Gladness
- ☐ Happiness
- ☐ Joviality
- ☐ Jubilation

AFFECTION

Affection

- | | |
|---|-------------------------------------|
| ☐ Adoration | ☐ Affection |
| ☐ Attraction | ☐ Caring |
| ☐ Compassion | ☐ Fondness |
| ☐ Liking | ☐ Love |
| ☐ Sentimentality | ☐ Tenderness |

SURPRISE

Surprise

- ☐ Amazement
- ☐ Astonishment
- ☐ Surprise

CONTENTMENT

Contentment

- ☐ Contentment
- ☐ Pleasure

LONGING

Longing

- ☐ Longing

ENTHRALLMENT

Enthrallment

- ☐ Enthrallment
- ☐ Rapture

LUST

Lust

- ☐ Arousal
- ☐ Desire
- ☐ Infatuation
- ☐ Lust
- ☐ Passion

OPTIMISM

Optimism

- ☐ Eagerness
- ☐ Hope
- ☐ Optimism

PRIDE

Pride

- ☐ Pride
- ☐ Triumph

ZEST

Zest

- ☐ Enthusiasm
- ☐ Excitement
- ☐ Exhilaration
- ☐ Thrill
- ☐ Zeal
- ☐ Zest

BODY SENSATIONS

Body Sensations

- | | |
|---|------------------------------------|
| ☐ Tingling | ☐ Numbness |
| ☐ Itching | ☐ Heat |
| ☐ Coldness | ☐ Tension |
| ☐ Pain | ☐ Pressure |
| ☐ Lightness | ☐ Heaviness |
| ☐ Soreness | ☐ Stiffness |
| ☐ Fluttering | ☐ Throbbing |
| ☐ Pulsating | ☐ Popping |
| ☐ Twitching | ☐ Prickling |
| ☐ Electric-like shocks | ☐ Tickling |