

Feeling Words

Use the words from this page and place them on the Feeling Thermometer for how you are currently feeling or feel in a given situation. Write the chosen Feeling Words next to the corresponding color or number. Use as many as you'd like. There are no right or wrong answers. Wherever a person chooses to place their Feeling Words can vary.

HAPPY

Accepted
Adored
Agreeable
Amazed
Aroused
Bashful
Blessed
Blissful
Brave
Capable
Carefree
Caring
Cheeky
Close
Comfortable
Compassionate
Composed
Confident
Considerate
Content
Cooperate
Courageous

Creative
Curious
Eager
Elated
Emboldened
Enthusiastic
Fondness
Free
Fulfilled
Funny
Hopeful
Inquisitive
Interested
Intimate
Joyful
Loving
Optimistic
Peaceful
Playful
Powerful
Proud
Respected
Sensitive

Successful
Thankful
Trusting
Valued

FEARFUL

Afraid
Ambivalent
Anxious
Apprehensive
Ashamed
Awkward
Careful
Dismissive
Distracted
Excluded
Exposed
Frightened
Helpless
Inadequate
Inferior
Insecure
Insignificant

Nervous
Overwhelmed
worried
Persecuted
Rejected
Rushed
Scared
Skeptical
Stressed
Threatened
Uncomfortable
Unfocused
Weak
Withdrawn
Worthless

ANGRY

Aggravated
Aggressive
Agitated
Annoyed
Betrayed
Bitter

Cranky
Critical
Cross
Defiant
Dismissive
Disappointed
Disrespected
Distant
Frustrated
Furious
Hostile
Humiliated
Indignant
Infuriated
Jealous
Let down

Mad
Numb
Out of control
Overwhelmed
Pressured
Provoked
Ridiculed

Rushed
Skeptical
Violated
Withdrawn

SURPRISED

Amazed
Astonished
Baffled
Bold
Charmed
Confused
Curious
Envious
Excited
Jealous
Shocked
Startled

DISGUSTED

Appalled
Awful
Detestable

Disappointed
Disapproving
Disturbed
Embarrassed
Hesitant
Horrificed
Judgmental
Nauseated
Repelled
Revolted

SAD

Abandoned
Alone
Apathetic
Ashamed
Awkward
Bereaved
Betrayed
Blue
Bored
Crestfallen
Crushed

Depressed
Despair
Discontent
Discouraged
Disengaged
Distant
Embarrassed
Empty
Exasperated
Exhausted
Fragile
Grief
Guilty
Hurt
Indifferent
Inferior
Isolated
Lonely
Powerless
Remorseful
Sleepy
Tired
Victimized

Feeling Thermometer

