

# Emotions Inventory

## Over 100 Ways to Feel

Abandoned	Angry	Anxious	Apathetic
Apprehensive	Awful	Awkward	Betrayed
Bitter	Blank	Blue	Bored
Comforted	Compelled	Conflicted	Confused
Content	Daring	Dazed	Defensive
Deflated	Delighted	Depressed	Deserving
Desperate	Disappointed	Down	Drained
Empty	Excited	Excluded	Frantic
Frazzled	Frustrated	Fulfilled	Grateful
Grouchy	Guilty	Happy	Healthy
Helpless	Hopeless	Horrible	Huge
Humiliated	Hurt	Ignored	Immobilized
Impatient	In pain	Inadequate	Indifferent
Irritable	Isolated	Jealous	Jittery
Lethargic	Lightheaded	Lonely	Lousy
Loved	Mad	Moody	Nervous
Numb	Oppressed	Out of control	Panicky
Pressured	Ravenous	Rebellious	Relaxed
Released	Relieved	Remorseful	Resigned
Resentful	Rushed	Sad	Satisfied
Scared	Self-disgust	Self-pity	Serene
Shaky	Shame	Sick	Sleepy
Spacey	Stressed	Stupid	Supported
Tense	Terrible	Thrilled	Ticked off
Tired	Trapped	Unattractive	Uncomfortable
Undervalued	Unhappy	Unloved	Unmotivated
Unproductive	Unreal	Upset	Uptight
Validated	Vengeful	Worried	Worthless