

Table 1: Feeling Words

You can teach the following 64 feeling words, some positive, some negative, and a few that can be used either way.

Positive Feeling	Opposite or Negative Feeling				
	<i>(Progressing in intensity from left to right)</i>				
Confident	Shy, Confused, Helpless, Hysterical				
Proud	Embarrassed, Ashamed, Arrogant				
Relieved, Successful	Bored, Nervous, Excited, Frustrated, Discouraged, Disappointed, Irritated, Pressured, Aggressive, Angry, Enraged				
Joyful, Happy	Joyless, Sorry, Sad, Depressed, Heartbroken				
Content	Worried, Anxious, Frightened, Hurt, Agonize				
Innocent	Guilty, Apologetic				
Grateful	Disapproving, Disgusted, Rejected, Resentful, Envious, Jealous				
Loving, Loved, Kind, Passionate	Withdrawn, Hateful, Indifferent, Lonely—Homesick				
Affectionate, Helpful,	Stubborn, Surprised, Shocked				
Curious, Enthusiastic, Hopeful, Determined	Lazy, Exhausted, Hopeless, Depleted				
Expanded Feeling Words					
Abandoned	Cold	Glad	Miserable	Satisfied	Terrified
Annoyed	Dejected	Honored	Oppressed	Scared	Thankful
Appreciative	Depleted	Hopeless	Optimistic	Secure	Undecided
Ashamed	Ecstatic	Horrible	Pain	Selfish	Unloved
Blissful	Elated	Horrified	Perplexed	Spiteful	Unwanted
Brave	Exasperated	Humbled	Pleased	Suspicious	Victorious
Calm	Fearful	Humiliated	Regretful	Sympathetic	Warm
Caring	Furious	Impatient	Reluctant	Tense	Wonderful
Cautious	Generous	Insecure	Remorseful	Terrible	Worthy