

FEELINGS CHART

ANGER

Aggravated	Annoyed	Bitter	Cranky	Riled	Steamed
Appalled	Disgusted	Dismayed	Horrificed	Nauseated	Troubled
Enraged	Exasperated	Frustrated	Furious	Hostile	Ticked off
Incensed	Infuriated	Irritated	Outraged	Provoked	Upset
Offended	Repulsed	Revolted	Resentful	Wary	Vicious

HAPPINESS

Amused	Blissful	Charmed	Cheerful	Contented	Soothed
Delighted	Ecstatic	Elated	Excited	Fabulous	Thrilled
Fortunate	Giddy	Glad	Gratified	High	Tickled
Joyous	Jubilant	Marvelous	Pleased	Proud	Turned-on
					Wonderful

HURT

Abused	Damaged	Diminished	Insulted	Oppressed	Snubbed
Awful	Defeated	Deserted	Intimidated	Persecuted	Terrible
Betrayed	Deflated	Dreadful	Isolated	Put down	Upset
Cheated	Devalued	Forgotten	Jilted	Rotten	
Crippled	Deprived	Ignored	Neglected	Slighted	

INADEQUACY

Helpless	Incapable	Incompetent	Inadequate	Inept	Mediocre	Inferior	Powerless	Useless	Unworthy
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EMBARRASSMENT

Absurd	Awkward	Clumsy	Conspicuous	Disgraced	Foolish	Humiliated	Mortified	Silly	Uncomfortable
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CONFUSION

Aggravated	Annoyed	Bitter	Cranky	Riled	Steamed
Appalled	Disgusted	Dismayed	Horrificed	Nauseated	Ticked off
Enraged	Exasperated	Frustrated	Furious	Hostile	Troubled
Incensed	Infuriated	Irritated	Outraged	Provoked	Upset
Offended	Repulsed	Revolted	Resentful	Wary	Vicious

SADNESS

Anguished	Blue	Dejected	Miserable	Jilted	Scorned
Despondent	Burdened	Depressed	Let down	Slighted	Troubled
Heavy hearted	Disappointed	Downcast	Friendless	Pathetic	Weary
Abandoned	Discouraged	Melancholy	Lost	Ignored	Rejected
Lonely	Disheartened	Excluded	Moody	Gloomy	Pained
Alone	Deserted	Empty	Low	Isolated	

FEAR

Afraid	Boxed in	Cornered	Overwhelmed	Threatened	Scared
Jittery	Jumpy	Nervous	Fearful	Alarmed	Agitated
Shaken	Spooked	terrified	Panicky	Frightened	Worried
Uneasy	Unnerved				