

FEELINGS CHART

APATHY	GRIEF	FEAR	LUST	ANGER	PRIDE	COURAGE	ACCEPTANCE	PEACE
Apathetic	Abandoned	Anxious	Abandon	Abrasive	Aloof	Adventurous	Abundance	Ageless
Bored	Abused	Apprehensive	Anticipation	Aggressive	Arrogant	Alert	Appreciation	Aware
Cold	Accused	Cautious	Callous	Annoyed	Bigoted	Alive	Balance	Borderless
Cutoff	Anguished	Cowardice	Compulsive	Argumentative	Boastful	Assured	Compassion	Calm
Dead	Ashamed	Defensive	Craving	Belligerent	Clever	Aware	Considerate	Centered
Defeated	Betrayed	Distrustful	Demanding	Brooding	Closed	Centered	Delight	Free
Depressed	Blue	Doubt	Devious	Caustic	Complacent	Certain	Embracing	Fulfilled
Demoralized	Cheated	Dread	Driven	Defiant	Conceited	Cheerful	Enriched	Oneness
Desolate	Despair	Embarrassed	Envy	Demanding	Cool	Clarity	Friendly	Perfect
Despair	Disappointed	Evasive	Exploitive	Destructive	Critical	Compassion	Full	Present
Discouraged	Distraught	Foreboding	Fixated	Disgust	Disdain	Competent	Gentle	Pure
Disillusioned	Embarrassed	Frantic	Frenzy	Explosive	Dogmatic	Confident	Gracious	Quiet
Doomed	Forgotten	Hesitant	Frustrated	Frustrated	False humility	Creative	Harmonious	Serenity
Drained	Guilty	Horrified	Gluttonous	Furious	Gloating	Daring	Intuitive	Still
Forgetful	Heartbroken	Hysterical	Greedy	Harsh	Haughty	Decisive	Joyful	Tranquil
Futile	Heartache	Inhibited	Hoarding	Hostility	Hypocritical	Dynamic	Loving	Unlimited
Hardened	Helpless	Insecure	Hunger	Impatience	Isolated	Eager	Mellow	Whole
Hopeless	Hurt	Irrational	Impatient	Indignant	Judgmental	Enthusiastic	Open	
Humorless	Ignored	Nauseated	Lascivious	Irritated	Narrow-minded	Exhilarated	Playful	
Inattentive	Inadequate	Nervous	Manipulative	Jealous	Opinionated	Flexible	Radiant	
Indecisive	Inconsolable	Panic	Miserly	Livid	Overbearing	Giving	Receptive	
Indifferent	Longing	Paralyzed	Needy	Mad	Patronizing	Happy	Secure	
Invisible	Loss	Paranoid	Obvious	Mean	Pious	Humor	Tender	
Lazy	Melancholy	Scared	Obsessed	Merciless	Prejudiced	Independent	Understanding	
Listless	Misunderstood	Secretive	Overindulgent	Outraged	Presumptuous	Initiative	Well-being	
Lost	Mourning	Shaky	Possessive	Rage	Righteous	Invincible	Wonder	
Negative	Neglected	Shy	Predatory	Rebellious	Rigid	Loving		
Numb	Nostalgic	Skeptical	Pushy	Resentment	Self-absorbed	Lucid		
Overwhelmed	Regret	Stage fright	Reckless	Resistant	Self-satisfied	Open		
Powerless	Rejected	Superstitious	Scheming	Revolted	Selfish	Optimistic		
Resigned	Remorse	Suspicious	Selfish	Smoldering	Smug	Positive		
Shock	Sadness	Tense	Unsatisfied	Spiteful	Snobbish	Purposeful		
Spaced out	Sorrow	Terrified	Voracious	Steely	Special	Receptive		
Stoned	Tormented	Threatened	Wanting	Stern	Stoic	Resilient		
Stuck	Torn	Timid	Wanton	Stubborn	Stubborn	Resourceful		
Tired	Tortured	Trapped	Wicked	Sullen	Superior	Secure		
Unfocused	Unhappy	Uncertain		Vengeful	Uncompromising	Self-sufficient		
Useless	Unloved	Uneasy		Viscous	Unfeeling	Sharp		
Worthless	Vulnerable	Vulnerable		Violent	Unforgiving	Spontaneous		
	Wounded	Wary		Wicked	Unyielding	Supportive		
		Worried		Willful	Vain	Willing		

"I feel like" is a thought,
not a feeling.