

THE FEELINGS LIST

ANGER

Accused
Aggravated
Angry
Bitter
Cranky
Cross
Defensive
Frustrated
Furious
Hostile
Impatient
Infuriated
Insulted
Jaded
Jealous
Offended
Outraged
Rebellious
Resentful
Resistant
Scorned
Selfish
Spiteful
Testy
Used
Vengeful
Violated

LOVE

Adored
Alive
Appreciated
Cheerful
Connected
Creative
Ecstatic
Enthusiastic
Excited
Glad
Grateful
Happy
Hopeful
Inspired
Jolly
Joyful
Kind
Loving
Optimistic
Playful
Pleased
Tender
Terrific
Thankful
Warm

GRIEF

Blue
Bored
Burdened
Depressed
Devastated
Disappointed
Discouraged
Gloomy
Heartbroken
Hopeless
Let down
Lonely
Melancholy
Miserable
Neglected
Pessimistic
Remorseful
Sad
Useless

DISGUST

Ashamed
Embarrassed
Exposed
Gross
Guilty
Ignored
Inadequate
Inept
Inferior
Inhibited
Insignificant
Sick
Stupid
Ugly
Unacceptable
Worthless

SURPRISE

Amazed
Astonished
Curious
Impressed
Incredulous
Inquisitive
Shocked
Startled
Stunned

FEAR

Afraid
Alarmed
Anxious
Cautious
Conflicted
Fearful
Frightened
Haunted
Helpless
Hesitant
Horrorified
Insecure
Lost
Nervous
Overwhelmed
Pettrified
Puzzled
Reserved
Sheepish
Tearful
Threatened
Uncomfortable
Vulnerable

FROM THE ADDICT'S GUIDE TO THE UNIVERSE: A ROADMAP TO RECOVERY
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