

## Feeling Word Vocabulary

<i>Intense (+)</i>	<i>Strong (+)</i>	<i>Moderate (+)</i>	<i>Mild (+)</i>	<i>Mild (-)</i>	<i>Moderate (-)</i>	<i>Strong (-)</i>	<i>Intense (-)</i>
loved adored idolized	enhanced ardor infatuated tender	liked cared-for esteemed affectionate fond	friendly regarded benevolent	unpopular	suspicious envious enmity aversion	disgusted resentful bitter detested fed-up	hate unloved abhor loathed despised
alive	vibrant independent capable happy great proud gratified	excited patient strong good inspired strong amused	wide-awake at-ease relaxed comfortable content amazed alert sensitive	listless moody lethargic gloomy dismal discontented tired	dejected unhappy bored bad forlorn disappointed weary	frustrated sad depressed sick disconsolate dissatisfied fatigued	angry hurt miserable pain lonely cynical exhausted
wanted lustful worthy pity respected empathy awed	worthy passionate admired sympathetic important concerned appreciated consoled	secure yearning popular peaceful appealing determined	sure attractive approved untroubled graceful	indifferent unsure impatient dependent unimportant  regretful bashful self-conscious	torn-up inadequate ineffectual helpless resigned apathetic shamed shy uncomfortable	worn-out useless weak hopeless forlorn rejected guilty embarrassed inhibited	worthless impotent futile  abandoned estranged degraded humiliated alienated
elation enthusiastic zealous	delighted eager optimistic joyful courage hopeful	pleased excited interested jolly relieved glad	turned-on warm amused	puzzled edgy upset reluctant timid mixed-up	baffled confused nervous tempted tense worried perplexed troubled	bewildered frightened anxious dismayed apprehensive dreadful disturbed	shocked panicky trapped horrified afraid scared terrified threatened
courageous	valiant brave brilliant	venturous peaceful intelligent	daring comfortable smart	sullen provoked	disdainful contemptuous alarmed annoyed provoked	antagonistic vengeful  indignant mad	infuriated furious

Adapted from La Leche League's *Human Relations Workbook*, 1982.

This list includes many (but not all) words used to describe feelings. The descriptions of intensity levels may differ from your own. Feel free to add other words to this list.