

FEELINGS *Chart*

Confident	assured convinced positive hopeful certain	optimistic counting on expectant having faith in secure	bold daring sufficient self-assured sure
Neutral	unbiased calm cool unruffled still	at peace easy clean relaxed quiet	unconcerned collected serene tranquil
Engaged	intent absorbed analytical committed curious engrossed	examining inspecting interested involved occupied	preoccupied working doing immersed stimulated
Worthy	admirable caring content decent deserving desirable	excellent honorable loving true valuable	worthwhile pleasing respected safe vulnerable winning
Hopeful	eager excited optimistic	anticipating assured at-ease	assured reassured trustful
Happy	cheerful contented delighted ecstatic elated glad joyful joyous jubilant	merry overjoyed peaceful pleasant pleased satisfied thrilled chipper	content flying high jolly on cloud nine peppy perky playful tickled

Grateful

indebted
thankful
touched

appreciative
blessed
fortunate

full
lucky
moved



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FEELINGS *Chart*

Ashamed	contrite demeaned disgraced distraught distressed embarrassed	foolish flustered guilty hesitant humble humbled	humiliated mortified regretful reluctant repentant shamefaced
Shut Down	apathetic indifferent dazed detached cold	numb paralyzed stupefied numbed immobilized	listless unfeeling lethargic uninterested
Confused	amazed astonished baffled befuddled confounded dazed disoriented embarrassed	flustered frustrated misinformed misled mortified muddled mystified perplexed perturbed	puzzled rattled shaken thrown off troubled unnerved unsettled upset worried
Sad	bitter dejected depressed despairing despondent dismal heartbroken melancholy mournful gloomy	blue disconsolate distressed doleful down downcast down in the dumps crestfallen hurting upset	sorrowful unhappy wistful forlorn glum grief-stricken grieved heartsick heavy-hearted

<p>Afraid</p>	<p>anxious apprehensive frightened nervous scared shocked suspicious timid aghast intimidated trembling</p>	<p>alarmed discouraged disheartened dismayed distressed disturbed faint-hearted frozen have cold feet horrified</p>	<p>panic-stricken perplexed petrified rattled scared scared spooked startled stunned terrified terror-stricken</p>
<p>Stressed</p>	<p>exhausted fatigued overburdened strained overtaxed tense</p>	<p>overloaded weary overtired exhausted pooped</p>	<p>agitated anxious overworked burned out stressed out under stress</p>
<p>Angry</p>	<p>annoyed bitter enraged exasperated furious indignant irate irritable irritated mad offended outraged resentful</p>	<p>sullen affronted antagonized chafed cross displeased ferocious fiery fuming galled hateful hot huffy ill-tempered</p>	<p>incensed inflamed infuriated maddened pissed pissed off provoked put out raging riled storming sulky wrathful</p>

