

## SOME FEELINGS

afraid	concerned	exhausted	hurried	nervous	sexy
aggravated	confident	fearful	hurt	numb	shaky
amazed	confused	fed up	hysterical	optimistic	shocked
ambivalent	content	fidgety	impatient	paranoid	shy
angry	crazy	flattered	impressed	passionate	sorry
annoyed	defeated	foolish	inhibited	peaceful	strong
anxious	defensive	forlorn	insecure	pessimistic	subdued
apathetic	delighted	free	interested	playful	surprised
ashamed	depressed	friendly	intimidated	pleased	suspicious
bashful	detached	frustrated	irritable	possessive	tender
bewildered	devastated	furious	jealous	pressured	tense
bitchy	disappointed	glad	joyful	protective	terrified
bitter	disgusted	glum	lazy	puzzled	tired
bored	disturbed	grateful	lonely	refreshed	trapped
brave	ecstatic	happy	loving	regretful	ugly
calm	edgy	harassed	lukewarm	relieved	uneasy
cantankerous	elated	helpless	mad	resentful	vulnerable
carefree	embarrassed	high	mean	restless	warm
cheerful	empty	hopeful	miserable	ridiculous	weak
cocky	enthusiastic	horrible	mixed up	romantic	wonderful
cold	envious	hostile	mortified	sad	worried
comfortable	excited	humiliated	neglected	sentimental	

### Feelings and Phrases

You can try this exercise alone or with a group.

1. Choose a situation from Column A and a receiver from Column B.
2. Create a statement that would most effectively express your feeling for this combination.
3. Now create statements of feeling for the same situation with other receivers from Column B. How are the statements different?
4. Repeat the process with various combinations, using other situations from Column A.

#### Column A: Situations

- a. You have been stood up for a date or appointment.
- b. The other person pokes fun at your schoolwork.
- c. The other person compliments you on your appearance, then says, "I hope I haven't embarrassed you."
- d. The other person gives you a hug and says, "It's good to see you."

#### Column B: Receivers

- a. An instructor
- b. A family member (you decide which one)
- c. A classmate you don't know well
- d. Your best friend