

Feeling Word Vocabulary

Levels of Intensity

Happy

515.225.4006

New Life Clinics

Dr. Don Gilbert

Strong

Excited	Ecstatic	Energized	
Elated	Terrific	Enthusiastic	Thrilled
Exuberant	Jubilant	Loved	Uplifted
Marvelous			

Mild

Justified	Joyful	Grateful	Accepted
Resolved	Proud	Appreciated	Amused
Valued	Cheerful	Confident	Delighted
Gratified	Relieved	Respected	Alive
Encouraged	Assured	Admired	Fulfilled
Optimistic	Determined		

Weak

Tranquil	Glad	Peaceful	Pleased
Content	Good	Hopeful	Flattered
Relaxed	Satisfied	Fortunate	

Scared

Strong

Fearful	Overwhelmed	Terrified	Appalled
Panicky	Intimidated	Vulnerable	Dread
Afraid	Desperate	Horrified	Tormented
Shocked	Frantic	Petrified	

Mild

Tense	Insecure	Alarmed	Guarded
Threatened	Skeptical	Shaken	Stunned
Uneasy	Apprehensive	Swamped	Awed
Defensive	Suspicious	Startled	

Weak

Reluctant	Shy	Timid	Perplexed
Anxious	Nervous	Concerned	Doubtful
Impatient	Unsure		

Confused

Strong

Bewildered	Immobilized	Directionless	Baffled
Trapped	Stagnant	Flustered	Constricted

Mild

Foggy	Misunderstood	Ambivalent
Perplexed	Doubtful	Awkward
Hesitant	Troubled	Puzzled
Torn	Disorganized	

Weak

Surprised	Distracted	Uncomfortable
Unsettled	Bothered	Uncertain
Unsure	Undecided	

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Devastated	Exhausted	Empty	Terrible
Hopeless	Helpless	Miserable	Unwanted
Sorrowful	Crushed	Distraught	Unloved
Depressed	Worthless	Deserted	Mournful
Wounded	Uncared for	Grievous	Pitiful
Hurt	Dejected	Burdened	Discarded
Drained	Rejected	Demoralized	Disgraced
Defeated	Humbled	Condemned	

Mild

Lonely	Resigned	Disheartened	Unappreciated
Neglected	Drained	Despised	Discouraged
Isolated	Slighted	Disappointed	Ashamed
Alienated	Degraded	Upset	Distressed
Abandoned	Deprived	Inadequate	Distant
Regretful	Wasted	Dismal	Disillusioned
Isolated			

Weak

Sorry	Bad	Deflated	Disturbed
Lost	Disenchanted	Apathetic	



Strong

Strangled	Abused	Rebellious	Mad
Furious	Hateful	Pissed Off	Spiteful
Seething	Humiliated	Outraged	Patronized
Enraged	Sabotaged	Fuming	Vindictive
Hostile	Betrayed	Exploited	Used
Vengeful	Repulsed	Throttled	Repulsed
Incensed			

Mild

Ridiculed	Offended	Irritated	Perturbed
Resentful	Infantilized	Exasperated	Provoked
Disgusted	Controlled	Harassed	Dominated
Smothered	Peeved	Anguished	Coerced
Frustrated	Annoyed	Deceived	Cheated
Stifled	Agitated	Aggravated	

Weak

Uptight	Dismayed	Tolerant	Displeased
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