

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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