



## Negative Feelings

### AFRAID

alarmed  
anxious  
appalled  
apprehensive  
avoiding  
braced  
breathless  
cautious  
confined  
cornered  
cowardly  
defenseless  
dependent  
despair  
desperate  
disconcerted  
dismayed  
distressed  
doomed  
doubtful  
dread  
fearful  
frantic  
freaked out  
frightened  
frozen  
gripped  
gutless  
hesitant  
horrificed  
hyper-vigilant  
hysterical  
inhibited  
immobilized  
intrepid  
lost  
mistrusting  
nervous  
on edge  
out of control  
overwhelmed  
panicky  
paralyzed  
paranoid  
petrified  
phony  
powerless  
pressured  
resistant  
scared  
shaky  
shocked  
startled  
stunned  
suspicious  
tense  
terrified  
terrorized

threatened  
timid  
trapped  
traumatized  
uneasy  
unsafe  
unstable  
untrusting  
uptight  
vulnerable  
worried  
ANGRY  
aggravated  
aggressive  
agitated  
annoyed  
belligerent  
bitter  
boiling  
cross  
defensive  
disgusted  
dissonance  
enraged  
envious  
exasperated  
frustrated  
fuming  
furious  
grouchy  
grumpy  
hateful  
indignant  
infuriated  
irate  
irritated  
livid  
mad  
offended  
outraged  
provoked  
repulsed  
resentful  
seething  
self-hatred  
spiteful  
stubborn  
sulky  
sullen  
tense  
uptight  
vindictive  
wrathful  
ASHAMED  
embarrassed  
guilty  
mortified  
shameful

### INSECURE

aimless  
anticipatory  
awkward  
bewildered  
conflicted  
confused  
dazed  
defeated  
defective  
disassociated  
disbelief  
disoriented  
distrustful  
doubtful  
dubious  
dumbfounded  
evasive  
fake  
gullible  
helpless  
hesitant  
hypocritical  
ill-at-ease  
inadequate  
indecisive  
ineffective  
jealous  
mistrusted  
mixed up  
naïve  
needy  
numb  
perplexed  
phony  
puzzled  
questioning  
resigned  
self-conscious  
self-doubt  
self-loathing  
skeptical  
small  
stifled  
surreal  
suspicious  
torn  
turmoil  
two-faced  
unbelieving  
uncertain  
unreal  
unsure  
unstable  
wavering  
weak  
weird  
worthless

### SAD

apathetic  
blah  
bored  
broken-hearted  
burdened  
catatonic  
choked up  
concerned  
defeated  
depressed  
desolate  
despondent  
detached  
depleted  
disappointed  
disconnected  
discontent  
discouraged  
disengaged  
disillusioned  
dismal  
dissatisfied  
drained  
dreary  
dull  
empty  
exhausted  
gloomy  
griefing  
grief-stricken  
heavy-hearted  
hollow  
hopeless  
indifferent  
lonely  
lonesome  
melancholy  
miserable  
moody  
morose  
mournful  
pathetic  
pessimistic  
pitiful  
pre-occupied  
quiet  
somber  
sorrowful  
stretched  
sulky  
sullen  
tired  
unhappy  
useless  
weary  
sluggish  
void

### HURT

abandoned  
abused  
aching  
afflicted  
anguished  
annihilated  
belittled  
berated  
betrayed  
condemned  
crushed  
deceived  
degraded  
demeaned  
demolished  
depleted  
deprived  
despised  
devalued  
diminished  
dismissed  
disrespected  
drained  
empty  
excluded  
hated  
heart-broken  
ignored  
injured  
invalidated  
isolated  
marginalized  
minimized  
mistreated  
mistrusted  
misunderstood  
neglected  
offended  
pained  
rejected  
repressed  
restricted  
ridiculed  
sacrificed  
scorned  
scrutinized  
slighted  
smothered  
stifled  
suffering  
tortured  
tossed aside  
trapped  
unappreciated  
under-estimated  
unloved  
used  
victimized