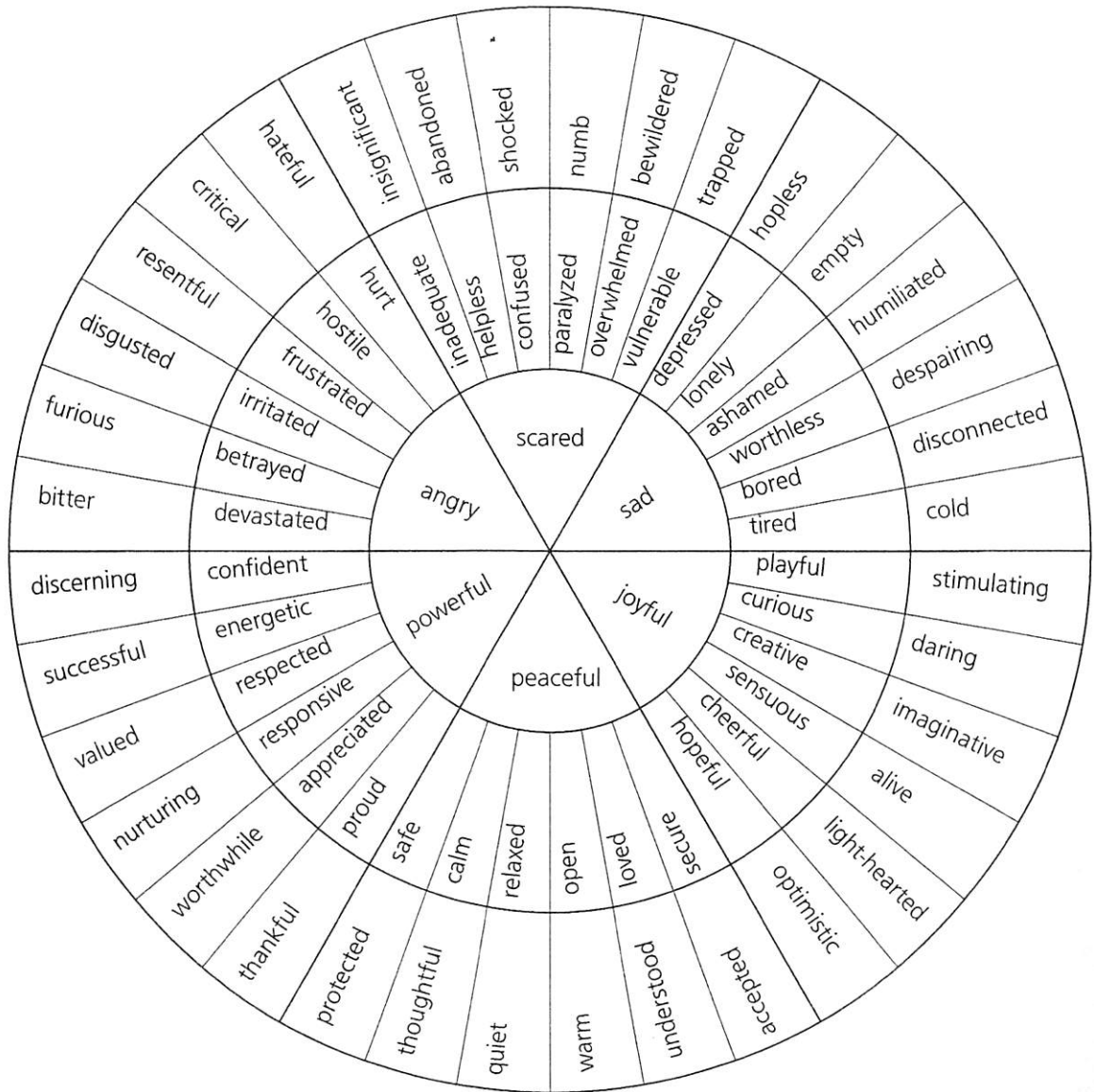


## Feelings Wheel



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HANDOUT 11.3

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**List of Words You Can Use to Describe a Feeling**

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Affectionate	Glad	Relaxed
Afraid	Gloomy	Relieved
Amused	Grateful	Resentful
Angry	Great	Resigned
Annoyed	Guilty	Sad
Anxious	Happy	Safe
Apathetic	Hateful	Satisfied
Apprehensive	Helpless	Secure
Ashamed	Hopeless	Sexy
Bitter	Horrified	Shy
Bored	Hostile	Silly
Calm	Impatient	Strong
Capable	Inadequate	Stubborn
Cheerful	Inhibited	Stuck
Comfortable	Irritated	Supportive
Competent	Isolated	Sympathetic
Concerned	Jealous	Tearful
Confident	Joyful	Tender
Confused	Lonely	Terrified
Contemptuous	Loved	Threatened
Controlled	Loving	Thrilled
Curious	Loyal	Touchy
Defeated	Manipulated	Trapped
Dejected	Manipulative	Troubled
Delighted	Melancholy	Unappreciated
Depressed	Miserable	Uncertain
Desirable	Misunderstood	Understood
Despairing	Muddled	Uneasy
Desperate	Needy	Unfulfilled
Determine	Nervous	Unimportant
Devastated	Numb	Unloved
Disappointed	Out of control	Upset
Discouraged	Outraged	Uptight
Disgusted	Overwhelmed	Used
Disillusioned	Panicky	Useless
Distrustful	Passionate	Victimized
Embarrassed	Peaceful	Violated
Enraged	Pessimistic	Vulnerable
Excited	Pleased	Withdrawn
Frantic	Powerful	Wonderful
Frightened	Prejudiced	Worn out
Frustrated	Pressured	Worried
Fulfilled	Proud	Worthwhile
Furious	Provoked	Wronged
Generous	Put down	Yearning

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