



## Feeling Words Handout

This is a list of words that people use to describe their feelings. How many of these words do you know? How many have you used, out loud or in writing? Fill in any words that you sometimes use to describe your feelings that are not on the list.

1. Star six words that you use often.
2. Underline six words that you seldom use.
3. Circle any words that you do not understand.

Abandoned	Confident	Intimidated
Affable	Content	Intolerant
Afraid	Crushed	Jealous
Aggravated	Delirious	Lonely
Aglow	Depressed	Mad
Alarmed	Elated	Mean
Alone	Embarrassed	Rejected
Angry	Enthusiastic	Robust
Annoyed	Excited	Sad
Apprehensive	Exhilarated	Self-assured
Belligerent	Fantastic	Silly
Calm	Genuine	Stable
Carefree	Giggly	Thrilled
Cheerful	Goofy	Uneasy
Compassionate	Happy	Vindictive
Concerned	Hurt	Worried

During the rest of the week, try to avoid using the old starred words, and use the new underlined words whenever possible.