



Comprehensive list of over 850 words for feelings — including emotions, moods and physical sensations.



IN A WORD

Many of us do not differentiate our feelings very much. We use limited words to describe them, such as *good, bad, happy, sad, anxious or stressed*. (Check this for yourself: Set a timer for 2 minutes and see how many words you can come up with!) Other people can more easily identify — or differentiate — a wider range of emotions. Not surprisingly, this skill is characteristic of people with high emotional intelligence.

TIRED OF BEING IN A BAD MOOD?

Research shows that people who can more clearly differentiate their negative feelings *also* tend to self-regulate their negative emotions more frequently. In JMA's MindMastery program (<https://www.jodymichael.com/workshops/>), clients learn that their feelings are not driven by the actual events that happen to them, but by their core beliefs, assumptions and attitudes, or "underlying operating system." *Your* responses, too, are shaped by *your* personal underlying operating system.

The good news is that your core "system" can be changed in ways that will greatly improve your life and well-being. Accurately identifying your feelings is a critical early step in this process. JMA's comprehensive list is a great tool to help you do that.



AN EXAMPLE

Let's imagine (but only briefly...) that an "event" happens to you: *Your significant other gets angry at you*. Look at how many different emotions and responses could occur from this one single event!

<u>Event</u>	<u>Emotion</u>	<u>Response</u>
1. Your significant other gets angry at you	you feel anger	you argue
2. Your significant other gets angry at you	you feel fear	you imagine them leaving
3. Your significant other gets angry at you	you feel curious	you seek to understand
4. Your significant other gets angry at you	you feel disgust	you belittle them
5. Your significant other gets angry at you	you feel frozen	you dissociate
6. Your significant other gets angry at you	you feel sadness	you are ashamed
7. Your significant other gets angry at you	you feel enjoyment	you gloat
8. Your significant other gets angry at you	you feel attacked	you defend
9. Your significant other gets angry at you	you feel confused	you fumble, or ask questions

HOW TO USE JMA'S LIST

You probably *know* many more words for feelings than you actually *use* in daily life; you just don't think of them. As well, there are probably some new words you *would* use — if you only knew them! Use JMA's list to remind yourself of words you can use — while learning some new ones, too. Here are just a few ideas; see what works best for you.

1. Start with the "Beginner's List" — perhaps put a copy in your phone for easy reference. Check in on yourself a few times a day and see if any of those words accurately describe how you're feeling.
2. Scan a section of the full list once a day to learn one new feeling, emotion or mood. Or, share the list with a friend and buddy up to learn and use new words.
3. Take a lighthearted approach; read over the list to find something fun or interesting that's new to you. (Then try using it!)
4. Use the list in conjunction with our MindMastery training, app or coaching (<https://www.jodymichael.com/executive-coaching/>) to increase your self-awareness and emotional intelligence.

THE JMA LIST OF FEELINGS, EMOTION AND MOOD WORDS (OVER 850+ WORDS)

Note: This list is adapted and compiled from Design Epic Life, Hoffman Institute, The Center for Non-Violent Communication, John Koenig's The Dictionary of Obscure Sorrows, Enchanted Learning, and many dictionaries.

BEGINNER LIST

- Admiration
- Amused
- Angry
- Anxious
- Awed
- Awkward
- Belonging
- Bored
- Calm
- Confused
- Content
- Curious
- Disappointed
- Disgusted
- Distrustful
- Embarrassed
- Empathetic
- Engaged
- Enjoyment
- Envy
- Excited
- Fear
- Frustrated
- Grateful
- Guilty
- Happy
- Hopeless
- Inadequate
- Insignificant
- Interested
- Joyful
- Longing
- Love
- Nostalgic
- Optimistic
- Overwhelmed
- Sad
- Satisfied
- Scared
- Stressed
- Surprised
- Sympathetic
- Triumphant
- Worried

JMA'S LIST OF FEELINGS, EMOTIONS, AND MOODS

A

- **Able:** The feeling that one has the skill, knowledge, permission capability, or power to do or accomplish; capable.
- **Abandon:** To give up or discontinue all any further interest in something because of discouragement, weariness, distaste; feeling unrestrained, uninhibited; to give up all concern with.
- **Abandoned:** Feeling unwanted, discarded, left behind.
- **Abnormal:** Feeling different from what is usual or average, especially in a way that's bad.
- **Abominable:** Arousing feelings of disgust and hatred; detestable; loathsome.
- **Absorbed:** A feeling of deep interest or involvement.
- **Achy:** Feeling afflicted with aches; continuous pain in one's body that are unpleasant but not very strong.
- **Accepting or Acceptance:** A feeling of being amenable; open.
- **Acquisitive:** Feeling strongly desirous of acquiring and possessing.
- **Adamant:** Feeling inflexible, rigid, uncompromising; determined to keep a position or point of view.
- **Addled:** Feeling fuzzy in the head, a little foggy and mentally confused; muddled.
- **Admired or Admiration:** A feeling of approval, liking, wonder.
- **Adoration:** A feeling profound love, admiration, respect.
- **Adventurous:** A feeling and inclination to take risks, to explore.
- **Affable:** Feeling friendly, pleasant, easy to talk to; approachable.
- **Affection or Affectionate:** A gentle feeling of fondness, devotion or liking.
- **Affected:** Feeling ingenuous or pretending; contrived.
- **Afflicted:** Feeling mentally or physically impaired.
- **Afraid:** Feeling fear, reluctance, apprehension.
- **Agape (Greek):** Felling selfless, unconditional, devotional love.
- **Age-otari (Japanese):** The bad feeling one gets after a terrible haircut.
- **Agitated or Agitation:** Feeling troubled, nervous, disturbed or flustered.
- **Aggravated:** A feeling of annoyance; irritation.
- **Agreeable:** A feeling of being ready or willing to agree or consent; pleasing to the mind or the senses especially as according well with one's tastes and needs.
- **Aggressive:** Feeling ready or likely to attack or confront; feeling determined to get what you want.
- **Aggrieved:** Feeling troubled or distressed in spirit.

- **Aggravated:** Feeling angry or displeased especially because of small problems or annoyances.
- **Agog:** Feeling full of intense interest or excitement; eager.
- **Agony or agonized:** Intense feelings of physical or mental suffering.
- **Alarm or alarmed:** An anxious awareness of danger; apprehension.
- **Alert:** A feeling of being fully aware and attentive.
- **Alienated or Alienation:** Feeling withdrawn, socially isolated.
- **Aliveness:** A feeling of being full of energy and spirit; lively.
- **All-in:** Feeling engagement and full commitment or involvement without hesitation or restriction.
- **Alone:** Feeling lonely, lonesome; without companionship or association; feeling apart or separate from other people or things.
- **Alloof:** Feeling reserved or reticent; indifference; disinterested.
- **Amae (Japanese):** The urge to crumple into the arms of a loved one to be cuddled and comforted.
- **Amazed or amazement:** A feeling of great surprise or wonder.
- **Ambiguphobia** (coined by American novelist David Foster Wallace): Feeling uncomfortable about leaving things open to interpretation.
- **Amenable:** A feeling of being ready or willing to answer, act, agree, or yield. Being open to influence, persuasion, or advice; agreeable.
- **Ambivalent:** Having mixed feeling about someone or something; being unable to choose between two courses of action.
- **Amped up:** Feeling heightened excitement or energy.
- **Amused:** A feeling of delight at being entertained.
- **Angry or Anger:** A strong feeling of displeasure aroused by some real or supposed grievance.
- **Anguish:** Extreme mental suffering or distress.
- **Animated:** Feeling full of life or action; lively.
- **Animosity:** A feeling of strong dislike or ill will arousing active hostility.
- **Annoyed or Annoyance:** Slightly angry; bothered; irritated.
- **Antsy:** Feeling restless, fidgety, impatient or eager to do something.
- **Antagonistic:** Showing or feeling active opposition or hostility toward someone or something.
- **Anticipation:** An emotion involving pleasure, excitement, or anxiety in considering or awaiting an expected event; suspense.
- **Anxiety or Anxious:** A vague unpleasant feeling that is experienced in anticipation of some danger or misfortune.
- **Apathy or Apathetic:** An absence or suppression of passion, emotion, excitement or enthusiasm.
- **Apoplectic:** Feeling extremely enraged.
- **Appalled:** Feeling overcome with dismay, horror, consternation or fear.
- **Apprehensive or Apprehension:** Feeling uneasy or fearful that something bad or unpleasant will happen.

- **Ardent:** A deep level of enthusiasm or passion.
- **Aroused:** A feeling of excitement or awareness; sexual excitement.
- **Ashamed:** A feeling of shame; distressed or embarrassed by feelings of guilt, foolishness, or disgrace.
- **Astonished or Astonishing:** A feeling of extreme surprise; amazed.
- **Ataracia** (Greek): Feeling robust and lucid tranquility; peace of mind; calmness.
- **Attachment:** A feeling of affection or fondness for someone or something.
- **Attraction:** An interest, desire in, or gravitation to something or someone.
- **Audacious:** Feeling intrepidly daring; recklessly bold.
- **Aversion:** A feeling of strong dislike, opposition; disinclination.
- **Aware** (Japanese): The bittersweetness of a brief, fading moment of transcendent beauty.
- **Awe or Awed:** A feeling of reverence, admiration, respect mixed with fear or wonder.
- **Awkward:** Feeling embarrassed, inadequate, uncomfortable or inconvenienced.
- **Aweary:** Feeling weary.
- **Awumbuk** (from the Baining people, Papua New Guinea): Sadness, tiredness or boredom caused by the departure of visitors, friends or relatives.
- **Aylyak** (Bulgarian): The art of not rushing or worrying; living without hurry or concern.

B

- **Bad:** Feeling pain or distress.
- **Bad tempered:** Easily annoyed or made angry.
- **Baffled or Bafflement:** Feeling confused, bewildered or perplexed.
- **Bashful:** Feeling socially shy or timid; self-conscious; easily embarrassed and uncomfortable.
- **Balanced:** A feeling of mental or emotional steadiness.
- **Basorexia:** The sudden urge to kiss someone.
- **Beat:** A feeling of physical or emotional weariness; fatigue; exhaustion.
- **Beaten:** The feeling of being in a state of exhaustion.
- **Beatitude (French):** Feeling supreme happiness; a state of blessedness.
- **Bedgasm:** A feeling of complete and utter euphoria experienced when climbing into bed at the end of a very long day.
- **Befuddled:** Feeling confused, perplexed.
- **Beleaguered:** Suffering or being subjected to constant and repeated difficulties, opposition or criticism.
- **Belligerent:** An aggressive or fighting attitude; aggressively hostile.
- **Bellicose:** Feeling inclined to fight; contentious; quarrelsome.
- **Bemused:** Puzzled, bewildered or confused resulting from failure to understand; perplexed.
Or, mildly amused in a detached way.
- **Bereaved or bereft:** The feelings of one who mourns a loss of a loved one; the feeling of intense grief.
- **Besotted:** Feeling blindly or utterly infatuated.
- **Bewildered:** Feeling baffled, confused, mystified or uncertain.
- **Bewitched:** To feel completely captivated, entranced, charmed, enchanted, possessed, mesmerized by someone or something.

- **Bitter or Bitterness:** A feeling of anger because of perceived unfair treatment.
- **Black:** Feeling very sad; gloomy.
- **Bleak:** A state of feeling hopeless, discouraged.
- **Bleary:** To feel dull or dimmed especially from fatigue or a lack of sleep; the feeling of being very tired.
- **Blessed:** A feeling of gratitude; bestowed upon. Feeling lucky to have something: health, love, fame, talent, or life itself.
- **Bliss or Blissful:** A state of extreme happiness and contentment.
- **Blocked:** Feeling stuck; an interruption or cessation especially of train of thought by competing thoughts or psychological suppression.
- **Blue:** Feeling low in spirits: melancholy.
- **Boghz (Persina):** Feeling a knot in the throat; the physical sensation that builds in the throat or chest before crying.
- **Bold:** Feeling fearless; a daring spirit.
- **Bored or Boredom:** The feeling of being weary and restless through a lack of interest.
- **Bothered:** Feeling or showing agitation, worry, annoyance.
- **Brabant** (coined by Douglas Adams and John Lloyd): Wanting to see how far you can push someone or to see what would happen if...
- **Brave:** Feeling courage to face danger, fear, or difficulty.
- **Brokenhearted:** Feeling overcome by grief or despair.
- **Bull-headed:** Feeling determined to do what you want to do, especially without concerning others people's point of view or feelings; obstinately opinionated.
- **Buoyant:** Feeling cheerful and behave in a lively way.
- **Buried:** A feeling of being overwhelmed with too much to do.
- **Burned out:** Feeling worn out or exhausted, especially as a result of long-term stress.
- **Bushed:** Feeling exhausted, tired.

C

- **Calculating:** Feeling the need to control situations to your own advantage in a way that's slightly unpleasant and causes people not to trust you.
- **Calm:** The mental state of peace and tranquility; feeling free from agitation, excitement, disturbance, mental stress or anxiety; serenity.
- **Cantankerous:** Feeling bad-tempered, argumentative, and uncooperative.
- **Capable:** The feeling of having competence and confidence that you are able to do something well.
- **Capricious:** A disposition to do things impulsively; unpredictably.
- **Carefree:** The cheerful feeling you have when you are free from troubles and without worry.
- **Careless:** Feeling indifferent; unconcerned; thoughtless.
- **Caring:** Feeling concern and empathy for others.
- **Cautious:** Feeling the need to avoid risks, usually prompted by avoiding danger.
- **Cavalier:** Feeling assumptive; haughty; self-asserting.

- **Centered:** Feeling well-balanced, stable and self-confident.
- **Chagrin or Chagrined:** A feeling of embarrassment or distress caused by failure or disappointment.
- **Charitable:** Feeling full of love and goodwill towards others; benevolent.
- **Charmed:** Feeling extremely lucky or fortunate as if protected by a charm or spell.
- **Cheerful:** A feeling of joy or good spirits.
- **Cheesed off:** Greatly annoyed; out of patience.
- **Chesty:** Feeling proudly or arrogantly self-assertive.
- **Chipper:** Feeling cheerful; cheery; upbeat.
- **Circumspect:** Feeling thoughtful; prudent; cautious.
- **Clear:** Feeling free from doubt; sure.
- **Clearheaded:** The feeling of a clear, orderly mind.
- **Closeness:** Feeling connected; near; intimate; kinship.
- **Cocky:** Feeling boldly or brashly self-confident.
- **Cold:** Without warmth or feeling; indifferent; not cordial or kind.
- **Collywobbles, the:** An uncomfortable feeling in the stomach caused by feelings of nervousness, slight fear or anxiety.
- **Comfortable or Comfort:** A sense of physical or psychological ease; feeling contented.
- **Commuovere (Italian): Heartwarming; to stir, to touch, to be moved to tears.**
- **Compassion or Compassionate:** A feeling of deep sympathy or sorrow for another stricken by misfortune, accompanied by a strong desire to alleviate the suffering.
- **Compersion:** An empathetic state of happiness and joy experienced when another individual experiences happiness and joy; the opposite of jealousy.
- **Compliant:** Feeling willing to do whatever you are asked or ordered to do.
- **Complacent:** Feeling smug or uncritical satisfaction with oneself or one's achievement, often without awareness of actual dangers or deficiencies.
- **Composed:** Feeling calm and showing no nervousness or agitation.
- **Compulsive:** Feeling an irresistible urge, especially one that is against one's conscious wishes.
- **Compunction:** A feeling of guilt or moral scruple that prevents or follows the doing of something bad.
- **Conceit:** Feeling an excessively favorable opinion of one's own ability, importance, wit, etc.
- **Concerned:** Feeling worried, troubled or anxious; the feeling of sympathy.
- **Confident:** The feeling or showing of confidence in oneself; self-assured.
- **Confused or Confusion:** The feeling of being unable to think clearly or understand something; bewildered.
- **Connected or connection:** The feeling of affinity with or in touch with someone who cares about us.
- **Considerate:** Feeling regard for another's feelings, circumstances; thoughtfulness.
- **Contempt or Contemptuous:** The feeling that a person or a thing is worthless or beneath consideration; scornful; disdain.
- **Content or Contentment:** An emotional state of satisfaction with what one is or has; not wanting more or anything else.

- **Contrite:** Feeling or expressing remorse or penitence; affected by guilt.
- **Contrition:** Feeling remorseful and penitent.
- **Cooperative:** Desire to work with others with an open, agreeable spirit for a common purpose or goal.
- **Courageous or Courage:** An emotional state that allows one the ability to act on one's beliefs despite danger or disapproval.
- **Crabby:** Feeling easily irritated; grouchy.
- **Cramped:** Feeling confined; uncomfortably confined by lack of space.
- **Cranky:** The feeling of being easily annoyed; ill-tempered; irritable; grouchy; cross.
- **Crushed:** Feeling overwhelmingly disappointed or embarrassed.
- **Craving:** An intense, urgent desire for some particular thing.
- **Crazed or Crazy:** Feeling mentally deranged; to be, or to become annoyed or angry.
- **Curious or Curiosity:** A strong desire or eagerness to know or learn something.
- **Crestfallen:** Feeling shame or humiliation; dejected.
- **Cross:** Feeling annoyed, irritated or angry.
- **Crotchety:** Feeling irritable; ill-tempered.
- **Cruel:** Feeling enjoyment at seeing the pain or distress of others; causing pain and suffering.
- **Cyberchondria:** An unfounded escalation of anxiety and concerns about "symptoms" of an "illness" fueled by Internet "research".
- **Cynical or Cynicism:** A feeling of distrusting or disparaging the motives of others; pessimistic.

D

- **Dadirri** (Australian Aboriginal): A deep, spiritual feeling or act of reflective and respectful listening.
- **Daring:** Feeling adventurous courage.
- **Dazed:** The feeling of being unable to think clearly or act normally due to shock, bewilderment, fatigue or shock; to be stunned.
- **Dazzled:** To feel extremely impressed by someone's skill, qualities or beauty.
- **Dead or deadened:** Incapable of being stirred emotionally or intellectually; feeling very tired, lacking power to move, feel or respond.
- **Defeated:** The feeling that accompanies an experience of being thwarted in attaining your goals; frustration by the nullification or prevention of success.
- **Defiance or Defiant:** A disposition to challenge, resist or fight; resisting to behave or conform to what is asked or expected; doing the opposite of what is expected; unwilling to accept criticism or disapproval.
- **Dejected:** Feeling low in spirits; depressed; miserable; unhappy.
- **Delight or delighted:** A feeling of extreme pleasure, excitement or satisfaction.
- **Demoralized:** The feeling of discouragement; to upset or weaken the morale of what is good or true or morally right.
- **Dépaysement** (French): The disorienting feeling of being an outsider.
- **Dependent:** Feeling the need to rely on others for aid, support or favor to succeed or survive.

- **Depleted:** The feeling of being exhausted; having reduced capacity.
- **Depressed or Depression:** The feeling of despondency, general unhappiness; without hope; a lack of agency and a loss of interest in activities.
- **Desasosiego** (Spanish): Feeling unrest; unease.
- **Desire:** A strong feeling of wanting to have something or wishing for something to happen.
- **Desolate:** Devoid of cheer or comfort where there is a feeling of utter aloneness or lack of human contact.
- **Despair or Despondent:** The feeling of complete loss or absence of hope.
- **Detached:** The feeling of being separate or disconnected; aloof.
- **Deterred:** Feeling discouraged from doing something often because of doubt or fear of consequences.
- **Determined:** The feeling that you are going to do something and that you will not allow anyone or anything to stop you; feeling resolve.
- **Devastated:** Feeling overwhelmed by sadness; emotionally wrecked.
- **Devious:** To operate in a slick, cunning, deceptive, dishonest manner.
- **Devotion:** Feelings of ardent love, loyalty or enthusiasm for a person, activity or cause.
- **Disappointed or Disappointment:** A feeling of dissatisfaction caused by the nonfulfillment of one's hopes or expectations.
- **Disapproval:** Feeling an unfavorable opinion; belief that someone or something is bad.
- **Discombobulated:** Feeling disconnected, unbalanced or forgetful.
- **Disconcerted:** Feeling perturbed, anxious, confused or embarrassed.
- **Disconnected or Disconnection:** A feeling of being separated, detached.
- **Disconsolate:** Dejected; hopelessly unhappy; cheerless.
- **Discontent or Discontented:** A longing for something better than the present situation; a lack of satisfaction or contentment.
- **Discounted:** Feeling less than; minimized; unappreciated.
- **Discouraged:** The feeling of despair or lack of confidence in the face of obstacles.
- **Disdainful:** Feeling someone or something is unworthy of one's consideration or respect; contempt.
- **Disenchanted:** Feeling disappointed about someone or something you previously respected or admired; disillusionment.
- **Disengaged:** Feeling emotionally detached; lacking attention, engagement, focus or interest.
- **Disgruntled:** A feeling of being unhappy, annoyed or dissatisfied.
- **Disgusted or Disgust:** A feeling of revulsion or strong disapproval aroused by something unpleasant or offensive.
- **Disheartened:** Feeling that one has lost hope, enthusiasm or courage; a loss of spirit.
- **Disillusioned:** Feeling disappointed in someone or something that one discovers to be less good than one had believed.
- **Disinterested:** Feeling or having no interest in something.
- **Dislike:** A feeling of distaste, aversion, disapproval or hostility.
- **Dismal:** Feeling devoid of cheer or comfort.
- **Dismay or Dismayed:** A sudden or complete loss of courage or resolution in the face of trouble, alarm or danger; overwhelming and disabling terror; sinking of the spirits.

- **Dismissive:** Feeling or showing that something is unworthy of consideration.
- **Dispirited:** To feel deprived of morale or enthusiasm.
- **Displeased or Displeasure:** A feeling of annoyance or disapproval.
- **Dissatisfied:** Feeling a lack of satisfaction; discontent.
- **Distant:** Feeling reserved, removed or aloof.
- **Distaste:** A feeling of intense dislike; an aversion to.
- **Distracted or distraction:** Feeling unable to concentrate or give attention to something.
- **Distraught:** A feeling of being very worried and upset; agitated with doubt, mental conflict or pain.
- **Distress or Distressed:** Great anxiety, strain, difficulties, sorrow, or pain.
- **Distraught:** A feeling of agitation with doubt or mental conflict or pain.
- **Disturbed:** Feeling upset, worried, unhappy or deep concern.
- **Disquieted:** A feeling of unease, anxiety.
- **Dither:** A highly nervous, excited or agitated state.
- **Divided:** Feeling torn; the experience of having conflicting interests, assessments, or states; disunited.
- **Docile:** Feeling submissive; quiet.
- **Dogged:** Feeling or showing tenacity and grim persistence.
- **Dolce far niente** (Italian): The pleasure of doing nothing.
- **Doleful:** Feeling full of grief; cheerless; sad.
- **Done:** Feeling doomed to failure, defeat or death; feeling physically exhausted.
- **Down:** Feeling unhappy; depressed; low in spirit; dejected.
- **Downcast:** Feeling despondent.
- **Downhearted:** Downcast; dejected.
- **Down in the mouth:** Sad or depressed.
- **Doubt:** A feeling of uncertainty or lack of conviction.
- **Drained:** A feeling of exhaustion.
- **Dread or dreadful:** Fearful expectation or anticipation; an extreme reluctance to meet or face; trepidation.
- **Dreary:** Feeling discouragement resulting from sustained dullness or futility.
- **Ducky:** A feeling that everything is fine.
- **Duende**(Spanish): The mysterious power we feel when a work of art deeply moves us.
- **Dull:** Feeling mentally slow; uninteresting; lacking zest; listless.
- **Dwaal** (Africans): A dreamy, dazes, or absent-minded state.
- **Dyspeptic:** Feeling indigestion or irritability.
- **Dysphoric:** Feeling very unhappy, uneasy, or dissatisfied.

E

- **Eager or eagerness:** Enthusiasm or impatience to do or to have something.
- **Earnest:** Feeling sincere and complete conviction; purposeful.
- **Ebullient:** Feeling cheerful and full of energy.
- **Ecstatic or ecstasy:** An overwhelming feeling of great happiness or joyful excitement.

- **Easy-going:** Relaxed and not easily upset or worried; relaxed and casual in manner.
- **Edgy:** A feeling of tension or irritability.
- **Eilkrankheit** (German): Feeling an overwhelming and continual sense of urgency.
- **Ei viitsi** (Estonian): The feeling of slight laziness, can't be bothered by anything. A lack of desire to work or go anywhere.
- **Elated or Elation:** A feeling marked by high spirits; an exhilarating psychological state of pride and optimism; an absence of depression.
- **Elegiac:** The feeling or expression of sorrow often for something in the past.
- **Elevated:** Exhilarated in mood or feeling.
- **Emasculated:** To feel deprived of or shame around lacking virility, strength or vigor.
- **Embarrassed or Embarrassment:** A feeling of self-consciousness, shame, awkwardness and distress.
- **Emboldened:** A feeling of boldness, courage or resolution.
- **Empathy:** Understanding, being aware of and entering into another's feelings, thoughts and experience.
- **Empowered:** The feeling that one has the knowledge, confidence, means, or ability to do things or make decisions for oneself.
- **Empty:** Feeling unfulfilled; feeling you or your life has a lack of purpose and meaning; inner desolation; an absence of joy or hope or satisfaction; a feeling like you've lost everything.
- **Enamored:** Feeling full of love or admiration for someone or something; besotted.
- **Enchanted:** Feeling delightfully pleased or charmed; feeling as if one has been placed under a spell.
- **Encumbered:** Feeling restricted or burdened.
- **Encouraged:** Feeling inspired with courage, spirit or hope to move forward.
- **Energized or Energetic:** Feeling vigor and robust capacity for forward movement.
- **Engaged:** A feeling of being deeply interested; emotional involvement or commitment.
- **Engrossed:** A focus and an engagement of one's complete attention.
- **Enjoyment:** Feeling a happiness, pleasure or satisfaction from something.
- **Enthralled or Enthralment:** A feeling of being spellbound; a feeling of great enchantment for something wonderful and unusual.
- **Enthused, Enthusiastic or Enthusiasm:** Intense and eager excitement, enjoyment, interest, or approval.
- **Entranced:** A feeling of being carried away with wonder, delight, rapture or enchantment.
- **Enraged:** Filled with rage and anger.
- **Enrapt or Enraptured:** A feeling of being wholly absorbed; transported; filled with delight.
- **Envy or Envious:** A painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage; a feeling of discontent or resentful longing aroused by someone else's possessions, qualities, or luck.
- **Equanimity:** A feeling of evenness of mind especially under stress.
- **Eudaimonia** (Greek): A sense of fulfillment and flourishing; a contented state of being happy, healthy and prosperous.
- **Eunoia** (Greek): Good, beautiful thinking; a well mind.
- **Euphoric or Euphoria:** A feeling or state of intense excitement and happiness.

- **Evighed** (Danish): The felt eternity of the present moment.
- **Exasperated or Exasperation**: A feeling of intense irritation or annoyance.
- **Excited or Excitement**: A feeling of great enthusiasm and eagerness; a heightened state of energy.
- **Exhausted**: Feeling completely or almost depleted of energy; extremely tired.
- **Exhilarated**: Feeling very happy and excited or elated.
- **Exuberant**: Feeling effusively and almost uninhibitedly enthusiastic.
- **Exonerated**: A feeling of being relieved of accusation, blame, responsibility, obligation or hardship.
- **Expectant**: A feeling of looking forward to something.
- **Explosive**: Feeling and showing powerful and sudden emotion.
- **Exposed**: Feeling unprotected; unsafe.
- **Extroverted**: Feeling enjoyment talking to and being with other people; seeking outward engagement with others.
- **Exuberant**: Feeling unrestrained joy and enthusiasm.

E

- **Fair**: Feeling neutral – not bad, but not very good.
- **Fascinated or Fascination**: A feeling of being transfixed; spellbound; an intense interest in something.
- **Fago** (Ifaluk): A unique emotional concept that blurs the boundaries between compassion, sadness, and love. It is the pity felt for someone in need, which compels us to care for them, but it is also haunted by a strong sense that one day we will lose them.
- **Famished**: Feeling intensely hungry.
- **Fatigue or Fatigued**: Feeling weariness or exhaustion from labor, exertion or stress; a state or attitude of indifference or apathy brought on by overexposure.
- **Fatalistic**: Feeling futility; the feeling that no matter what one does, events are determined by an impersonal fate and cannot be changed by human beings.
- **Fear or fearful**: An unpleasant and often strong emotion that is caused by the anticipation or awareness of some real or imagined danger, pain, or harm. Note: *Every fear and phobia are not listed here. If you are interested, Google "list of phobias."*
- **Festive**: Feeling joyful.
- **Feierabend** (German): The festive mood that arrives at the end of a working day.
- **Fernweh** (German): Feeling homesickness for the unknown; the call of 'far away places.'
- **Ferocity**: Feeling fierce or ferocious.
- **Fiero** (Italian): Feeling pride or satisfaction in meeting a difficult challenge.
- **Fidgety**: Feeling restless; antsy.
- **Fired up**: Feeling overwhelming enthusiasm, anger or another strong emotion.
- **Flummoxed**: Feeling bewildered or perplexed.
- **Flustered**: Feeling agitated confusion.
- **Foolish**: Feeling unwise, stupid or not showing wise judgment.
- **Forelsket** (Norwegian): The indestructible euphoria experienced as you begin to fall in love.

- **Fondness:** Feeling a great liking, affection or love for someone or something.
- **Forgiving:** Feeling ready and willing to forgive.
- **Forlorn:** Feeling sad and lonely because of isolation or desertion.
- **Fortunate:** Feeling lucky; fortuitous.
- **Formal feeling, a** (coined by Emily Dickinson): The fragile emotional equilibrium that settles heavily over a survivor of recent trauma or profound grief.
- **Fragile:** Feeling delicate, frail; easily broken or destroyed.
- **Fraud, feeling like a:** A feeling that one is not what he or she pretends to be or is represented to be.
- **Frazzled:** An emotional state of extreme nervous fatigue or agitation.
- **Free:** Feeling uncontained, unbound, unrestricted or impeded; open; clear.
- **Free-swinging:** Feeling bold, forthright, and heedless of personal consequences.
- **Fresh:** Feeling full of or renewed in vigor.
- **Friendly:** Feeling and exhibiting kindly interest and goodwill toward others.
- **Frightened or Fright:** An emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to flee or fight).
- **Frustrated or Frustration:** The feeling of being upset, discouraged, angry or annoyed as a result of being unable to change or achieve unfulfilled goals, desires or needs.
- **Fulfilled:** Feeling satisfaction and happiness; feeling that one's abilities and talents are being fully used.
- **Funny:** Feeling out of sorts; not feel yourself; to have a strong premonition or belief in a particular future event.
- **Fury or Furious:** Intense, disordered and often destructive rage or violent anger.

G

- **Gaiety:** A festive merry feeling.
- **Gay:** Feeling happily excited; buoyant; cheerful.
- **Geborgenheit** (German): Feeling protected and completely safe from harm.
- **Generous:** Feeling a willingness to share money, help, kindness; feeling bountiful.
- **Gezelligheid** (Dutch): A particular feeling of coziness; both physical circumstances and an emotional state of feeling 'held' and comforted.
- **Giddy:** Feeling joyful elation.
- **Gigil** (Tagalog): The urge to pinch or squeeze something that is unbearably cute.
- **Glad:** Feeling pleased; delighted.
- **Gladsome:** Giving or showing joy; the feeling that comes when good things happen to people we're fond of.
- **Glee or gleeful:** A feeling of great delight, especially from one's own good fortune or another's misfortune.
- **Gloomy:** Feeling low in spirits.
- **Glum or Glumness:** A gloomy ill-tempered feeling; a silent dispiritedness.
- **Goya** (Urdu): The feeling of being completely absorbed in a storyline due to fantastic storytelling. Sometimes the suspension of disbelief follows the reader into real life.

- **Gratitude or grateful:** Feeling thankfulness and appreciation.
- **Gratified:** Feeling satisfaction or pleased.
- **Grace:** A feeling and experience of being in God's favor and having our burdens lifted from us from time to time.
- **Graceless:** Feeling that one lacks grace, charm, or elegance.
- **Gracious:** Feeling generosity of spirit; kind; courteous and compassionate.
- **Grateful:** The feeling of appreciation of benefits received.
- **Greng Jai (Thai):** The feeling of being reluctant to accept another's offer of help because of the bother it would cause them.
- **Great:** The feeling that situations, events, your mental or physical state are considerably above average.
- **Greedy:** Feeling excessively or inordinately desirous of wealth, profit, etc.
- **Grief or Grief-stricken:** Intense sorrow, poignant distress caused by or as if by bereavement.
- **Grim:** Feeling gloomy; without hope.
- **Grouchy:** A feeling of crankiness; given to grumbling.
- **Grumpy:** Surly; Moodily cross.
- **Grounded:** Feeling mentally and emotionally stable; admirably sensible, realistic, and unpretentious.
- **Guarded:** Feeling cautious; circumspect.
- **Guilty or Guilt:** Remorse caused by feeling responsible for some offense.

H

- **Han (Korean):** A combination of hope and despair at the same time; the collective acceptance of suffering combined with the quiet yearning for things to be different, but combined with the very grim determination to see things through, even to the very bitter end.
- **Hard headed:** Feeling stubborn; willful.
- **Harikoa (Marori):** Feeling joyful, euphoric, delighted, thrilled, ecstatic.
- **Happy or Happiness:** State of well-being characterized by emotions ranging from contentment to intense joy.
- **Happy-go-lucky:** A lighthearted mood; blithely unconcerned.
- **Hardened:** Feeling accustomed to dealing with a sad or bad situation and unlikely to change or feel sorry about it.
- **Hard-nosed:** Feeling realistic; tough-minded.
- **Hatred or Hate:** Intense dislike which could invoke feelings of animosity, anger or resentment.
- **Headstrong:** Feeling self-willed and obstinate.
- **Heady:** Feeling giddy, exhilarated.
- **Heavy:** In a sad or miserable state; unhappy; depressed.
- **Heebie-Jeebies, the:** A general feeling of anxiety, fear, uneasiness, or nausea.
- **Heartbroken:** A feeling of being overcome by sorrow.
- **Heavy-hearted:** Feeling despondent; glum.

- **Heart-sick:** Feeling very despondent; depressed.
- **Heart sore:** Feeling heartsick.
- **Heimat** (German): Deep-rooted fondness towards a place to which one has a strong feeling of belonging; hiraeth (Welsh).
- **Helpless or Helplessness:** A feeling of being unable to manage, to act or react; feeling powerlessness.
- **Hesitant:** Feeling the need to hold back from action (doing or saying something); feeling doubt or indecision.
- **Hindered:** Feeling delayed, interrupted, impeded, obstructed.
- **Hoard, the urge to:** Store valuables.
- **Homesick:** A feeling of longing for one's home during a period of absence from it.
- **Hopeful:** Feeling full of hope.
- **Hopeless or hopelessness:** Feeling no expectation of good, or of success or improvement.
- **Horror or Horrified:** An intense feeling of fear, shock, or disgust.
- **Hostility:** Feeling opposition or dislike; unfriendliness.
- **Huff, in a:** A state of irritation or annoyance.
- **Humble or Humbled:** Feeling modest or low estimate of one's importance.
- **Humiliated or Humiliation:** Strong feelings of embarrassment.
- **Hunger or Hungry:** A feeling of discomfort or weakness caused by lack of food, coupled with the desire to eat.
- **Hurt:** The feeling of emotional pain or distress; psychological suffering.
- **Hwyl** (Welsh): A feeling of exuberance; full of joy and excitement.
- **Hygge** (Danish/Norwegian): Feeling a deep sense of place, warmth, friendship, and contentment.
- **Hyperactive:** Feeling more active than is desirable; feverish; overactive.
- **Hysterical:** Excessive or uncontrollable fear or excitement.

I

- **Ignorant:** Feeling a lack of knowledge or training; the experience of feeling uninformed.
- **Ijirashii** (Japanese): Arising when seeing someone praiseworthy overcome an obstacle.
- **Ikigai** (Japanese): The feeling that life is 'good and meaningful' and that it is 'worthwhile to continue living'; reason for being.
- **Iksuarpok** (Japanese): The feeling of anticipation while waiting for someone to arrive, often leading to intermittently going outside to check for them.
- **Ilinx** (coined by Roger Caillois): The "strange excitement" of wanton destruction; a sensation of spinning, falling, and losing control.
- **Ill-tempered:** Feeling irritable or grumpy.
- **Impatient or Impatience:** Feeling a lack of patience and easily annoyed; A restless desire for change and excitement; feeling short of temper especially under irritation, delay, or opposition.
- **Immovable:** Feeling rigid; rooted; moored; incapable of being influenced by feeling.

- **Impeded:** Feeling delayed or blocked in progress or movement.
- **Implacable:** Feeling unable to be placated; unappeasable.
- **Impotent:** Feeling helpless; lacking in power, strength, or vigor.
- **Inadequate:** Feeling not good enough, not worthy, insecure; inept.
- **Incapable:** A feeling of lacking capacity, ability, or qualification for the purpose or end in view.
- **Inconsolable:** Feeling incapable of being consoled.
- **Indecision:** Feeling the inability to make a decision quickly.
- **Inconvincible:** Holding rigidly to a position, opinion, purpose or course of action in spite of reason, arguments or persuasion.
- **Indifferent or indifference:** Feeling a lack of interest, concern, or sympathy.
- **Indignation:** Anger or annoyance provoked by what is perceived as unfair treatment.
- **Inebriated:** Feeling drunk, exhilarated or confused by alcohol, or as if by alcohol.
- **Infatuated or Infatuation:** An intense but short-lived passion, interest or admiration for someone or something; strong and unreasonable attachment.
- **Inflexible:** Feeling unwilling to change or compromise.
- **Inhibited:** Feeling restraint; feeling discouraged from free or spontaneous activity especially through the operation of inner psychological or external social constraints.
- **Incensed:** Feeling extreme anger or indignation.
- **Indignant:** Feeling or showing anger because of something unjust or unworthy.
- **Ingiogatzau** (Sardinian): Being playfully happy; joyful joking and playfulness.
- **Inquisitive:** Feeling curious or inspiring.
- **Insecure or Insecurity:** Uncertainty or anxiety about oneself; lack of confidence.
- **Inspired:** The feeling that you want to do something and can do it. The feeling of being aroused, animated or imbued with the spirit to do something, by or as if by supernatural or divine influence. The feeling that you want to do something and can do it.
- **Insulted:** A feeling of being disrespected or scorned because of a remark or an act.
- **Interested or Interest:** The feeling of wanting to know or learn about something or someone; engaged attention.
- **Intractable:** Feeling or being perceived as difficult or stubborn; not easily controlled or directed.
- **Intransigent:** Feeling an unwillingness to agree or compromise or change one's view.
- **Intoxicated:** Feeling emotionally excited, elated or exhilarated (as by great joy or extreme pleasure).
- **Intrigued:** Having one's interest, desire, or curiosity strongly aroused.
- **Introverted:** Feeling subdued, quiet, reserved; not feeling a need to seek out special attention or social engagements.
- **Invigorated:** Feeling full of vitality, vigor, excitement and energy; refreshed; animated.
- **Involved:** Feeling part of something, associated with.
- **Irascible:** Easily angered or irritated.
- **Irate:** Feeling great anger; enraged.
- **Irked:** Feeling annoyed; irritated.
- **Iron-willed:** Feeling determined on a course of action.

- **Irritated, Irritation or Irritable:** The state of feeling annoyed, impatient, or slightly angry.
- **Irrational:** Feelings or thoughts not based on logical reasoning or clear thinking.
- **Isolated or Isolation:** Feeling apart from others; feeling remote; having minimum contact or little in common with others.
- **Insulted:** Feeling demeaned or affronted.

J

- **Jaded:** Feeling dull, apathetic, or cynical by experience or by having seen too much of something; feeling fatigued by overwork.
- **Jealous or Jealousy:** Feeling an envious resentment or hostility towards someone believed to enjoy an advantage (i.e.; envious resentment of their achievements, possessions, etc.).
- **Jittery:** A feeling of nervous excitability; feeling shaky, high-strung; spasmodic.
- **Jocular:** Feeling cheerful, being humorous or playful.
- **Joie de vivre** (French): Feeling a joy for living, a joy for life; ebullience; zest for life.
- **Jolly or Jolliness:** Feeling full of high spirits; joyous.
- **Joviality:** Feeling jolly, full of good-humored cheerfulness and conviviality.
- **Joy or Joyful:** A feeling of great pleasure and happiness.
- **Jubilant or Jubilation:** A feeling of great happiness, joy and triumph; rejoicing.
- **Judgmental:** Feeling quick to judge or have opinions often with a grounded assessment.
- **Judged:** Feeling that a critical opinion or conclusion has been made about you.

K

- **Kaifas** (Lithuanian): The sensation of massive relief for having completed something significant and then being duly rewarded with something amazing; suaimhneas croi (Gaelic).
- **Kaukokaipuu** (Finnish): The craving for a distant land; the desperate yearning to be somewhere you've never even visited, or the desire to be anywhere but where you are right now.
- **Keen:** Feeling very interested, eager or wanting to do something very much.
- **Ker** (Ifaluk): Pleasant surprise
- **Kvell:** (Yiddish) Feeling happy or proud.
- **Kind or Kindly:** Feeling benevolent, helpful, considerate; feeling thoughtful and acting in a helpful manner.
- **Kind-hearted:** Feeling or showing kindness, generosity, sympathy.
- **Kilig** (Tagalog): The feelings of butterflies in your stomach, usually when something romantic or cute takes place.
- **Kind or kindness:** Benevolent nature; considerate; or helpful.
- **Knackered** (British): Feeling tired; exhausted.
- **Koi No Yokan** (Japanese): The feeling on meeting someone that falling in love will be inevitable.
- **Kuebiko** (Japanese): A state of exhaustion inspired by acts of senseless violence.

L

- **Lackluster:** Lacking in vitality, force or conviction; uninspired or uninspiring.
- **Laid back:** Feeling relaxed and easy-going.
- **Lazy:** Feeling a disinclination towards activity or exertion.
- **Lagom** (Swedish): A sense of moderation, of doing anything to just the right degree.
- **L'appel du vide** (French, "the call of the void"): The feeling of walking along a high cliff and being gripped by the urge to leap or the itch to fling yourself in front of an oncoming train.
- **Leery:** Feeling suspicious, wary.
- **Lethargic:** Feeling lazy, lacking energy; feeling unwilling or unable to do anything.
- **Liget** (coined by Ilongot people): Aroused by situations of grief but closely related to anger.
- **Liking:** A feeling of regard or fondness.
- **Lighthearted:** A feeling of being free from care, anxiety, or seriousness; happy-go-lucky; cheerfully optimistic and hopeful.
- **Listless or Listlessness:** A feeling of lack of interest or energy.
- **Litost** (Czech): A state of agony and torment caused by a sudden sight of one's misery.
- **Lively:** Feeling full of energy and vigor; active and outgoing.
- **Livid:** Furiously angry.
- **Loathing:** A feeling of intense dislike or disgust; hatred or abhorrence.
- **Logy:** Feeling sluggish; groggy.
- **Lonely or Loneliness:** Sadness or unhappiness because one is without friends or company; a depressing feeling of being alone; destitute of sympathetic or friendly companionship.
- **Longing:** A strong desire especially for something unattainable.
- **Lost:** A disposition and awareness that we don't know which way to go; feeling we have an absence of knowledge needed in order to "get there."
- **Love, Loved or Loving:** A strong positive emotion of affection and regard.
- **Low:** Feeling depressed or lacking energy.
- **Low-spirited:** Feeling unhappy and having little hope; Feeling blue, dispirited.
- **Lucky:** Feeling blessed with good fortune.
- **Lull:** Feeling soothed, calm.
- **Luckless:** Feeling that one has a lot of bad luck.
- **Lust:** Intense or unbridled sexual desire.
- **Lykke** (Danish): The feeling of everything is perfect in life.

M

- **Mad:** Feeling angry or annoyed; feeling mentally disturbed.
- **Makarios** (Greek): Feeling blessed, happy.
- **Malu** (Dusun Baguk people of Indonesia): The feeling of being flustered in the presence of someone we hold in high esteem.
- **Man** (Hindi): A visceral yearning backed up by the recognition that what we desire reflects our innermost self.
- **Masterful:** The feeling and inclination that one has the competence to act as a master in a particular domain.

- **Matutolypea:** Waking up in a bad mood; ill-humor in the morning; getting up on the wrong side of the bed.
- **Mean:** Feeling stingy, ungenerous, unkind, unfair or rude.
- **Meek:** Feeling deficient in spirit and courage; enduring injury with patience and without resentment.
- **Mehameha** (Tahitian): Fear associated with the uncanny sensation experienced in the presence of spirits, ghosts, and other supernatural phenomena.
- **Melancholy:** A feeling of pensive sadness, typically with no obvious cause.
- **Mercurial:** Sudden and unpredictable changes of mood or mind.
- **Malevolent:** Feeling or showing ill-will, spite or hatred.
- **Manic:** Feeling an elevated, expansive or unusually irritable mood state; great excitement, euphoria, delusions, and overactivity.
- **Manipulated:** Feeling emotionally controlled, influenced or treated in an unfair manner.
- **Manipulative:** Feeling the need to influence or control the behavior or emotions of others for one's own purposes.
- **Mellow:** Feeling relaxed, calm, pleasant.
- **Melodramatic:** Feeling and expressing exaggerated, sensationalized, or overly sentimental emotions.
- **Merry:** Feeling full of gaiety or high spirits.
- **Midding (new):** Feeling the tranquil pleasure of being near a gathering but not quite in it – hovering on the perimeter of a campfire, chatting outside a party while others dance inside. (Coined by John Koenig)
- **Miffed:** Feeling somewhat annoyed; peeved.
- **Míng mù** (Chinese): The sense that one has lived well; dying without regret.
- **Mirthful:** Feeling gladness or gaiety as shown by or accompanied with laughter.
- **Mischievous:** Feeling maliciously or playfully annoying.
- **Miserable or Misery:** A feeling of being wretchedly unhappy or uncomfortable; great distress or discomfort.
- **Mistrustful:** Feeling suspicious; having a general lack of trust or confidence sometimes based on instinct; lacking confidence.
- **Misunderstood:** Feeling incorrectly interpreted or understood.
- **Mono no aware** (Japanese): An empathy towards impermanence of things and both a transient gentle sadness (or wistfulness) at their passing as well as a longer, deeper gentle sadness about this state being the reality of life.
- **Modest:** Feeling unassuming or moderate in the estimation of one's abilities or achievements; reserved in behavior.
- **Mopey:** Feeling depressed, in low spirits; lackadaisical.
- **Moody:** Frequent and unpredictable changes of moods and feelings; sudden bouts of gloominess or sullenness.
- **Morbid:** An abnormally gloomy or unhealthy state of mind.
- **Morbidly curious:** Curiosity focused on objects of death, violence, or any other event that may cause harm physically or emotionally.

- **Morbid:** An abnormally gloomy or unhealthy state of mind.
- **Morose:** Feeling sullen and ill-tempered.
- **Mortified or Mortification:** Feeling or showing strong shame or embarrassment.
- **Mournful:** Feeling full of sorrow; sad.
- **Mousy:** Feeling timid, nervous or shy; lacking in presence.
- **Moved:** Strong feelings of sadness or sympathy, because of something someone has said or done; touched; emotionally affected.
- **Muditā** (Sanskrit): Taking delight in the happiness of others, vicarious joy; opposite of schadenfreude.
- **Mulish:** Feeling unreasonably and inflexibly obstinate.
- **Mystified:** Feeling utterly bewildered or perplexed.

N

- **Naches** (Yiddish): Joyful pride or delight seen in someone else's successes.
- **Naïve:** Feeling or showing a lack of experience, wisdom, judgment, sophistication or street smarts.
- **Nasty:** Having a 'nasty feeling' is to feel certain something bad is happening; predict; forecast; premonition.
- **Naughty:** Feeling disobedient, mildly rude or indecent.
- **Naz** (Urdu): The pride one feels in knowing that the other's love is unconditional and unshakable.
- **Needy or Neediness:** Feeling an above average need for attention, affection or emotional support.
- **Needed:** Feeling wanted or necessary.
- **Neglected or Neglectful:** The feeling of not getting proper attention; disregarded.
- **Nervous or Nervousness:** The anxious feeling you have when you have the jitters; agitated or alarmed.
- **Nervy:** Feeling or showing calm courage; bold; brash.
- **Nginyiwarrarringu** (from Pintupi Aborigines of the Western Australian Desert): A sudden fear that leads one to stand up to see what caused it.
- **Nice:** Feeling pleasant; agreeable; satisfactory.
- **Nirvana** (Sanskrit): An 'ultimate' form of happiness, total liberation from suffering.
- **Njuta (Swedish):** To enjoy deeply, to profoundly appreciate.
- **Nonchalant:** Feeling or appearing indifferent, coolly unconcerned or unexcited; casual.
- **Nonplussed:** Feeling nonchalant; unimpressed. Or, feeling surprised, confused, and not certain how to react.
- **Nostalgic or Nostalgia:** A sentimental longing or wistful affection for a period in the past.
- **Numb:** Deprived of feeling or responsiveness; unable to think, feel, or react normally because of something that shocks or upsets you; indifferent.

O

- **Oime** (Japanese): The intense discomfort of being indebted.
- **Obedient**: Feeling a willingness to comply with orders and requests; submissive to another's will.
- **Obdurate**: Feeling resistant to persuasion or softening influences.
- **Objection or Objected**: To feel or express disapproval, dislike or opposition.
- **Obligated**: Feeling you owe something to someone because you are grateful for what they have done for you.
- **Obsessive or Obsessed**: The feeling of preoccupation; haunted persistently by some thoughts, feelings or desires.
- **Obstinate**: Feeling stubborn and refusing to change one's opinion or choose a course of action, despite attempts to persuade one to do so.
- **Obstructed**: Feeling blocked or hindered.
- **Offended**: Feeling hurt, angry or upset by something said or done.
- **Offensive**: Feeling or acting in a manner than is actively aggressive, attacking, or assaultive.
- **On edge**: Feeling anxious or nervous.
- **Open**: Feeling accessible, vulnerable, without reserve or pretense; feeling comfortable to talk more about yourself and your feelings.
- **Open-hearted**: Showing or motivated by sympathy and understanding and generosity; benevolence.
- **Open-minded**: Feeling willing to consider new ideas; unprejudiced.
- **Onism**: (new) The awareness of how little of the world you'll experience. (Coined by John Koenig)
- **Optimistic or Optimism**: Hopefulness and confidence about the future or the success of something.
- **Orka** (Swedish): To be exhausted to the point of not wanting to do something, even something enjoyable.
- **Ornery**: Feeling combative; bad-tempered; grouchy.
- **Outgoing**: Feeling friendly and socially confident.
- **Outraged or Outrage**: An extremely strong reaction of resentment, anger, shock, or indignation aroused by something perceived as an injury, insult or injustice.
- **Overcome**: Feeling overwhelmed with an emotion.
- **Overjoyed**: Feeling extremely happy.
- **Overloaded**: Feeling overburdened with excessive amounts of work, responsibility or information.
- **Overpowered**: The feeling of being overcome or overwhelmed; feeling defeated by someone with greater power.
- **Overstimulated**: Feeling excessive stimulation; pleasure that is experienced as unbearable or uncomfortable.
- **Overwhelm or Overwhelmed**: Strong emotional effect from overpowering feelings.

P

- **Pain or pained:** Mental or physical suffering or discomfort.
- **Panicked, Panicky or Panic:** An overwhelming feeling of fear and anxiety.
- **Patient:** The emotional capacity to accept or tolerate delays, problems, or suffering without becoming annoyed or anxious.
- **Paralyzed:** The inability to think or act normally, especially through panic or fear.
- **Paranoia:** The irrational and persistent feeling that people are 'out to get you' or harm you.
- **Paro (new):** The feeling that no matter what you do is always something wrong – as if there's an obvious way forward that everyone else can see but you. (Coined by John Koenig)
- **Passion or Passionate:** A strong and barely controllable emotion; a feeling of intense enthusiasm towards or compelling desire for someone or something.
- **Passive:** Feeling acceptance or allowing what happens or what others do, without active response or resistance.
- **Pathetic:** Causing or evoking pity, sympathetic sorrow; feeling weak and helpless; a maximum state of misery.
- **Peaceful:** Feeling free from disturbance; tranquil; serene.
- **Peckish (British):** Hungry.
- **Peeved:** Feeling angry; irritated.
- **Pensive:** Engaged in, involving, or reflecting deep or serious thought.
- **Persistence:** Ability to stick with something, especially in spite of opposition, obstacles, discouragement.
- **Penitence:** Feeling sadness and sorrow coupled with humble realization of and regret for one's misdeeds.
- **Perplexed:** Feeling completely baffled; very puzzled.
- **Pertinacious:** Feeling tenacious to hold onto a purpose, course of action, or opinion; resolute, obstinate.
- **Perturbed:** Feeling anxiety or concern; unsettled; a disquieted mind.
- **Perverse or Perversity:** A deliberate desire to behave in an unreasonable or unacceptable way.
- **Pessimistic or Pessimism:** The feeling that things will turn out badly.
- **Petulant:** Feeling annoyed and behaving in an unreasonable way because you cannot get what you want.
- **Petrified:** Feeling so frightened that you feel unable to move; terrified.
- **Philoprogenitive:** Feeling love towards one's offspring.
- **Pig-headed:** The lack of capacity to change very strong opinions; stupidly obstinate; stubborn.
- **Pining:** Feeling an emotional or physical decline, especially because of a broken heart.
- **Pique, a fit of:** A feeling of irritation or resentment resulting from a slight, especially to one's pride.
- **Pissed:** Feeling very angry or annoyed.
- **Pity:** The feeling of sorrow and compassion caused by the sufferings and misfortunes of others.
- **Placid:** Even-tempered; unruffled; tranquil; pleasantly calm or peaceful.
- **Played out:** Feeling worn out or used up; spent.
- **Playful:** Feeling lighthearted; wanting to have fun and not feeling serious.

- **Pleased:** Feeling happy or satisfied; content; delighted.
- **Pleasure:** Feeling happy satisfaction and enjoyment.
- **Pooped:** Feeling exhausted; tired.
- **Postal, going:** Becoming extremely and uncontrollably angry, often to the point of violence.
- **Pouty:** The feeling or the expression of displeasure.
- **Powerful:** Feeling connected with your strengths and capabilities, and trusting them to see you through a situation.
- **Powerless:** Feeling unable to control or influence events.
- **Preoccupied:** A feeling of being engrossed in thought, distracted.
- **Present:** Feeling deeply connected to the 'here and now,' not thinking about the past or future; experiencing the time that is associated with the events perceived directly, not as a recollection (perceived more than once) or a speculation (predicted, hypothesis, uncertain).
- **Pressured:** Feeling coerced or persuaded into doing something.
- **Pride or Proud:** A feeling of deep pleasure or satisfaction derived from one's own achievements, the achievements of one's close associates, or from qualities or possessions that are widely admired.
- **Pronoia:** Feeling that the world around you conspires to do you good; opposite of paranoia.
- **Prostor** (Russian): A desire for spaciousness, roaming free in limitless expanses, not only physically, but creatively and spiritually.
- **Proud:** Feeling great self-respect or dignity; feeling deep pleasure or satisfaction as a result of one's own achievements, qualities, or possessions or those of someone with whom one is closely associated.
- **Provoked:** To feel stirred up, aroused; an attempt to deliberately to stir an emotion in another; anything that brings about a strong reaction.
- **Pushy:** Feeling extremely determined to get what you want, even if it annoys other people.
- **Puzzled:** Feeling unable to understand; perplexed; at a loss.

Q

- **Qualunquismo** (Italian): An attitude of apathy, indifference or disgust towards politics.
- **Quarrelsome:** The feeling or inclination to argue, quarrel, pick a fight.
- **Queasy:** Feeling sick; nauseated.
- **Querulous:** Complaining in a petulant or whining manner.
- **Questioned:** Feeling contested, examined, investigated.
- **Quiet:** Feeling an absence of noise or bustle; calm; silent; still.
- **Quirky:** An enduring and distinct feeling of differentness from others; eccentricity.

R

- **Radiant:** Feeling so happy that happiness shows on one's face; glowing; having outward signs of good feelings (such as love, confidence, happiness.)
- **Rage:** Feeling violent uncontrollable anger.

- **Rapturous or Rapture:** A feeling of intense pleasure or joy; a state or experience of being carried away by overwhelming emotion.
- **Rational:** Feeling agreeable to reason; using sound judgment.
- **Rattled:** Feeling confused, upset, frustrated or shocked; usually happens when a person did not expect or believe what happened.
- **Razbliuto** (Russian): The empty sentiments you feel for someone whom you loved but no longer do.
- **Reasonable:** Feeling that you used good, sound judgment and were fair in your determination; well-grounded.
- **Reassured:** Feeling comforted, having doubts removed.
- **Rebellious:** Feeling the need to defy or resist some established authority, government or tradition; insubordinate; inclined to rebel.
- **Reflective:** Thinking deeply about situations and life events.
- **Regret or Regretful:** A feeling of sadness, repentance, or disappointment over an occurrence or something that one has done or failed to do.
- **Rejected, Rejection:** Feeling the spurning of a person's affections; the experience or feeling that you are not good enough or worthy of one's attention.
- **Rejuvenated:** Feeling young or youthful again; feeling restored, vitalized and invigorated.
- **Relaxed:** A feeling of refreshing tranquility and an absence of tension or worry.
- **Relief or Relieved:** A feeling of reassurance and relaxation following release from anxiety or distress.
- **Reluctant or Reluctance:** Unwillingness or disinclination to do something.
- **Remorse or Remorseful:** A feeling of deep regret or guilt for a wrong committed.
- **Removed:** Feeling disconnected or detached from one's self.
- **Renewed:** Feeling restored; replenished.
- **Repentance:** Feeling regret for wrong doing.
- **Reproachful:** Feeling or expressing disapproval or disappointment with disgrace or shame.
- **Repugnance:** Feeling intense disgust.
- **Repulsed:** Feeling strong dislike, disapproval or disgust.
- **Resentful or Resentment:** A feeling of deep and bitter anger and ill-will.
- **Reserved:** Feeling and showing constraint with one's thoughts and feelings.
- **Resigned:** The feeling that something you do not like or want to happen will happen because you cannot change it.
- **Resistant or Resistance:** The act of fighting against something or refusing to accept something; fearing or avoiding change or what is new, uncomfortable or unpredictable.
- **Resolute:** Feeling determined in character, action or ideas.
- **Rested:** Feeling healthy, rejuvenated or full of energy again because you had a rest.
- **Restless:** Feeling mental unrest; unwilling or unable to stay still or to be quiet or calm, because you are feeling worried or bored.
- **Restored:** Feeling strong, happy full of energy or happy again.
- **Revived:** Feeling emotionally invigorated, awakened, alive again; the restoration of energy.
- **Revulsion:** Feeling a sudden or strong reaction or need to pull away or draw away.
- **Retrouvailles** (French): The happiness you feel upon reuniting with someone after you have

been apart for a long time.

- **Ringxiety** (coined by David Laramie): The phantom feeling of a phone call in one's pocket. Any moment of ringxiety is immediately followed by a sort of minor shame and embarrassment as you put your phone back in your pocket.
- **Road rage**: Aggressive or angry behavior exhibited by a driver of a road vehicle, which includes rude and offensive gestures, verbal insults, physical threats or dangerous driving methods targeted toward another driver or a pedestrian in an effort to intimidate or release frustration.
- **Rock-ribbed**: Feeling resolute or uncompromising, especially with respect to political allegiance.
- **Romance**: A feeling of excitement and mystery associated with love.
- **Roused**: A stirring or feeling of excitement.
- **Ruinenlust** (German): The feeling of being irresistibly drawn to crumbling buildings and abandoned places.
- **Rus** (Ifaluk): Unpleasant surprise.

S

- **Sad or Sadness**: An emotional pain associated with, or characterized by, feelings of disadvantage, loss, despair, grief, helplessness, disappointment and sorrow.
- **Safe**: Feeling free from harm or hurt; feeling internally relaxed with a person having neither to weigh thoughts or measure words.
- **Sanguine**: Feeling optimistic or positive, especially in an apparently bad or difficult situation.
- **Sarcastic**: Using irony in order to mock, convey contempt or hurt someone's feelings.
- **Sardonic**: Disdainfully or skeptically humorous; acerbic.
- **Sassy**: Feeling cocky boldness or disregard of others; audacious.
- **Saucy**: Feeling bold, impudent, forward, or flippant.
- **Sati** (Sanskrit): Mindfulness/awareness of the present moment.
- **Satisfied or Satisfaction**: The contentment one feels when one has fulfilled a desire, need, or expectation.
- **Saudade** (Portuguese): A deep emotional state of nostalgic or profound melancholic longing for an absent something or someone that one loves; dor (Romanian); natsukashii (Japanese).
- **Scared**: Feeling fear, fright or panic.
- **Schadenfreude** (German): Pleasure, joy, or self-satisfaction that comes from learning of or witnessing the troubles, failures, or humiliation of another.
- **Secure**: Not doubting or being worried about yourself and your personal relationships; feeling free from danger or threat; feeling confident and assured in one's opinion or expectation.
- **Sehnsucht** (German): life longings; an intense desire for alternative states and realizations of life.
- **Seijaku** (Japanese): Feeling quiet tranquility; silence; calm, serenity.
- **Self-assured**: Feeling confident in one's abilities or character.

- **Self-congratulatory:** Feeling unduly complacent and proud regarding one's personal achievements or qualities; self-satisfied.
- **Self-conscious:** Feeling undue awareness of oneself, one's appearance, or one's actions.
- **Self-loving:** Feeling an appreciation of one's own worth or virtue.
- **Self-pity:** Excessive, self-absorbed unhappiness over one's own troubles.
- **Self-satisfied:** Feeling or showing self-satisfaction.
- **Self-willed:** Inflexible to yielding to the will of others; obstinate.
- **Sensitive:** Easily hurt emotionally; thin-skinned.
- **Sentimentality:** Exaggerated and self-indulgent tenderness, sadness, or nostalgia.
- **Serene or serenity:** Feeling utter calm and unruffled repose or quietude.
- **Serious or seriousness:** Calm intent; being thoughtful or subdued in appearance or manner; not joking, being earnest.
- **Scared:** Feeling fear, apprehension, nervousness or panic.
- **Scorn or scornful:** Feeling open disrespect for someone or something; disrespect coupled with intense feelings of dislike.
- **Shackled:** Feeling thwarted or prevented from doing something you want to do.
- **Shaky or Shaken:** Feeling upset; feeling unsteady or taken aback.
- **Shame:** A painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.
- **Shock or Shocked:** The feeling of distress and disbelief that you have when something bad happens accidentally.
- **Shut down:** A self-defense/self-preservation mechanism when one is overwhelmed or feel threatened or triggered and they compensate by going into autopilot or survivor mode.
- **Shy:** Being reserved or having or showing nervousness or timidity in the company of other people; fear of being embarrassment.
- **Silly:** Feeling foolish, playful or childish; embarrassed; afraid that people will laugh at you; showing little thought or judgment.
- **Sincere:** A feeling, belief, or statement that is honest and true based on what you feel and believe; genuine.
- **Sisu (Finnish):** An extraordinary determination in the face of adversity.
- **Skeptical:** Feeling doubt that something is true or useful.
- **Sleepy:** Feeling tired, struggling to go to sleep; drowsy, lethargic.
- **Smug or Smugness:** Excessive pride in oneself or one's achievements.
- **Sociable:** Feeling gregarious, friendly and seeking others to engage in conversation.
- **Song** (coined by Ifaluk people, Micronesia): Close to anger, or admonition, with moralistic overtones and no disposition to revenge.
- **Sore:** Feeling angry; irked. Feeling a source of pain or vexation.
- **Sorry, Sorrow or sorrowful:** A feeling of deep distress caused by loss, disappointment, or other misfortune suffered by oneself or others.
- **Startled:** Feeling a quick scare, alarm or surprise.
- **Spellbound:** Feeling so impressed by something that you do not pay attention to anything else; to have your attention captured by something, captured so strongly it feels like a spell.
- **Spent:** Feeling drained of energy or effectiveness; used up; consumed.

- **Spite or spiteful:** A desire to hurt, annoy, or offend someone; feeling a need to see others suffer.
- **Spooked:** The feeling that occurs when one has been startled and as a result frightened or frantic.
- **Startled:** To become alarmed, frightened, or surprised.
- **Stiff-necked:** Feeling stubborn, haughty.
- **Still:** Feeling deep silence and calm.
- **Stimulated:** Feeling interested to learn new things; the act of arousing.
- **Stingy:** Feeling unwilling to share, give or spend possessions or money.
- **Stoic:** Feeling capacity to endure pain or hardship without showing their feelings or complaining.
- **Stress or Stressed or Stressed Out:** A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
- **Strong:** Feeling steady, not easily upset; resilient.
- **Stubborn:** Feeling adamant, unreasonably or perversely unyielding; resolute.
- **Subdued:** Feeling quiet and rather reflective or depressed.
- **Suffering:** The state of ongoing emotional or physical pain, distress or hardship.
- **Sukha (Sanskrit):** 'Genuine' happiness; not referring to positive feelings that one 'happens' to experience, but is a state of flourishing rooted in ethical and spiritual maturation.
- **Sulkiness:** A sullen moody resentful disposition.
- **Sullen:** A forbidding or disagreeable mood; a refusal to be social.
- **Submissive or Submission:** Inclined or ready to yield to the authority of another; unresistingly obedient.
- **Surly:** Feeling irritably sullen and churlish in mood or manner.
- **Surprise or Surprised:** The astonishment you feel when something totally unexpected happens to you.
- **Suspicious or Suspicion:** A feeling of cautious distrust.
- **Sympathetic or Sympathy:** Feelings of sorrow or pity for someone else's misfortune.

I

- **Tarab (Arabic):** Musically induced ecstasy or enchantment.
- **Tartle (Scottish):** The anxiousness occurring before you have to greet or speak to someone whose name you can't quite remember.
- **Teary or tearful:** Having tears in the eyes from emotion; crying or feeling the inclination to cry.
- **Technostress:** Stress caused by working with computer technology on a daily basis.
- **Temperamental:** Liable to unreasonable changes in mood; mercurial.
- **Tender:** Feeling fragile, sensitive, 'thin-skinned' or easily injured; showing gentleness and concern or sympathy.
- **Tenderness:** Feeling gentleness or kindness.
- **Tense or Tension:** A state of mental or emotional strain or suspense.

- **Terrified or Terror:** An overwhelming feeling of fear and anxiety.
- **Textpectation:** The anticipation felt when waiting for a response to a text.
- **Thankful:** Feeling pleased and relieved; expressing gratitude and relief.
- **Thin-skinned:** Sensitive to criticism and insults.
- **Threatened or threatening:** Feeling that someone may do or say something unpleasant and unwanted, especially to intimidate you to act in a manner that is desired for that individual.
Thrilled or Thrill: A sudden feeling of excitement and pleasure.
- **Tickled:** Feeling amused, delighted, pleased.
- **Tight:** Feeling tension in the face or body; not loose.
- **Timid or Timidity:** Feeling a lack of courage or self-confidence; lacking in boldness or determination.
- **Tired:** Drained of energy; depleted; fatigued, often to the point of exhaustion.
- **Tiresome:** The feeling state of weariness; tedium.
- **Tivoglio bene** (Italian): The attachment for family, friends, and animals.
- **Tolerance, tolerant:** Feeling sympathy or indulgence for beliefs or practices differing from or conflicting with one's own; capacity to endure pain or hardship; endurance.
- **Torment or Tormented:** A feeling of extreme pain or anguish of body or mind; feeling agony.
- **Torn:** Feeling unable to choose between two possibilities. Feeling upset or distressed or a situation that is difficult.
- **Torschlusspanik** (German): The agitated, fretful feeling we get when we notice time is running out.
- **Toska** (Russian): A longing with nothing to long for, a sick pining, a vague restlessness.
- **Touched:** Feeling gratitude or sympathy; moved.
- **Tranquil:** Feeling free from disturbance; calm.
- **Trapped:** Feeling a lack of ability or freedom to escape from an unpleasant situation.
- **Triumph or Triumphant:** A state of joy or exultation at success.
- **Troubled:** Feeling distress, concern, worry about a situation or decision.
- **Truculent:** Eager or quick to argue; aggressively defiant.
- **Trust, Trusted or Trusting:** Feeling confident in the honesty or integrity of a person or a thing; a belief that someone is being truthful.
- **Trustworthy:** Feeling you can believe in someone or something; dependable; reliable.
- **Turbulent:** Feeling agitated, chaotic, disordered characterized by conflict.
- **Turmoil:** A state of extreme confusion, agitation or commotion; feeling deeply unsettled.

U

- **Ukiyo** (Japanese): A sense of living in the moments of fleeting beauty, detached from the pains of life.
- **Unaccommodating:** Not in harmony with the wishes and demands of others; unhelpful.
- **Unadventurous:** Feeling a lack of interest in an adventure or in exploring.
- **Unafraid:** Feeling no fear or anxiety.

- **Unappreciated:** The feeling of not being understood, recognized or valued.
- **Uncertain:** Not completely confident or sure of something; feeling doubt.
- **Uncomfortable:** Feeling unease or awkwardness.
- **Uncompromising:** Inflexible; unyielding attitude to a situation or person.
- **Uncooperative:** Feeling unwilling to help others or do what they ask.
- **Unconstricted:** Feeling free, loose, unencumbered or uninhibited.
- **Undecided:** Feeling unable to make a decision; uncommitted.
- **Uneasy:** Feeling anxiety, uncomfortable.
- **Unenterprising:** Not feeling bold or venturesome.
- **Unencumbered:** Feeling free of encumbrance.
- **Ungrounded:** Feeling spaced-out, light-headed, unable to focus or dizzy.
- **Unhappy or Unhappiness:** Feeling sad, miserable, unsatisfied, discontented.
- **Unimpressed:** Feeling no admiration, interest, or respect.
- **Uninterested:** Feeling a lack of interest, involvement or engagement.
- **Unnerved:** Feeling deprived of courage, strength, or steadiness; to feel nervous.
- **Unrelenting:** Feeling extremely determined; never becoming weaker or admitting defeat.
- **Unruffled:** Feeling poised and serene especially in the face of setbacks or confusion.
- **Unsettled:** Feeling nervous and worried; feeling a lack of stability, directionless or purposeless.
- **Unsteady:** Not feeling stable, calm.
- **Unsure:** Feeling uncertain of yourself or something.
- **Unyielding:** Feeling resolute, firm or inflexible; unlikely to be swayed.
- **Uplifted:** Feeling morally or spiritually elevated; inspiring hope or happiness.
- **Upset:** A state of being unhappy, angry, disappointed or worried.
- **Useless:** Feeling you have no purpose, capability or capacity to be of value.

V

- **Vacant:** Feeling devoid of interest, thought or reflection.
- **Valiant:** Feeling very brave or determines, especially when things are difficult; showing courage or determination.
- **Validated:** Feeling heard, understood.
- **Vain:** Excessively proud of one's appearance, achievements.
- **Valued or Valuable:** Feeling important, cherished, or prized.
- **Vengeful or Vengefulness:** A malevolent desire for revenge.
- **Verklemt (Yiddish):** Feeling overcome with emotion.
- **Vergüenza ajena (Spanish):** A sense of shame on behalf of another person, even though that person may not be experiencing shame themselves; fremdschämen (German); myötähäpeä (Finnish); bixomets (Catalan).
- **Vermodalen:** (new) The fear that everything has already been done. (Coined by John Koenig)
- **Vexed:** Feeling annoyed, irritated, or provoked.

- **Vibrant:** Feeling full of energy and enthusiasm.
- **Victimized:** Seeing ourselves as powerless in a situation where we actually have resources and options to do more than we are doing; seeing ourselves as innocent parties on the receiving end of someone else's misbehavior without recognizing our contribution to the struggle we are engaged in.
- **Victorious:** Feeling triumphant; conquering.
- **Vigilant:** Feeling alert, watchful in order to avoid danger or problems.
- **Vigorous:** Feeling strong, healthy, robust, and full of energy.
- **Vitalized:** Feeling endowed with vigor and energy.
- **Vindictive:** Feeling a strong and unreasoning desire for revenge.
- **Viraag** (Hindi): The emotional pain of being separated from a loved one.
- **Virtuous:** Feeling that you have done what you are saying that a person is living according to high moral standards.
- **Vivacious:** Feeling lively in spirit, temper or energy.
- **Volatile:** Quickly becoming angry or violent.
- **Voorpret** (Dutch): Pre-fun, the sense of enjoyment felt before a party or event takes place; vorfreude (German).
- **Vulnerable or Vulnerability:**

W

- **Wabi-sabi** (Japanese): A state of acceptance of the imperfections in life and appreciating them as beautiful. Appreciating the flow of life.
- **Waldeinsamkeit** (German): The feeling of being alone in the woods and a connectedness to nature; friluftsliv (Norwegian); shinrin-yoku (Japanese).
- **Wanderlust:** Feeling a strong desire for or impulse to wander or travel and explore the world.
- **Wary:** Feeling or showing caution about possible dangers or problems.
- **Warm or warm glow:** Altruistic pleasure.
- **Washed out:** Feeling depleted in vigor or animation; exhausted.
- **Waspish:** Feeling easily irritable or crappy.
- **Wasted:** Feeling extremely intoxicated from alcohol or drugs.
- **Watchful:** Feeling vigilant, wakeful and alert.
- **Weak:** Feeling feeble, frail, not strong enough physically or emotionally.
- **Weary or Weariness:** Feeling or showing tiredness, especially as a result of excessive exertion or lack of sleep.
- **Weepy:** Feeling tearful; inclined to weep.
- **Weltschmerz** (German): The resigned feeling you get when life cannot satisfy you.
- **Whimsical:** Exhibition of sudden, impulsive erratic or unpredictable behavior; lightly fanciful.
- **Whole:** Feeling mentally and emotionally sound.
- **Willful:** Feeling determined intention to do what one wants, regardless of the consequences or effects.
- **Wiped out:** Feeling extremely tired; exhausted.

- **Wise:** A feeling of being informed, experienced, knowledgeable or showing sound judgment.
- **Withdrawn:** Feeling socially detached and unresponsive; not wanting to communicate with other people.
- **Witty:** Feeling clever and funny; making funny quips at the top of your head.
- **Wistful:** Feeling vague or regretful longing.
- **Woe or Woeful:** Feeling full of grief or misery.
- **Wonder:** A feeling of amazement and admiration, caused by something beautiful, remarkable, or unfamiliar
- **Worn out:** Feeling extremely tired; exhausted.
- **Worried or Worry:** The state of being anxious and troubled over actual or potential problems.
- **Worthy:** Feeling one has worth, value, merit.
- **Worthless:** Feeling that one has no worth, value, importance.
- **Wrath or wrathful:** Extreme anger.
- **Wretched:** Suffering greatly; Very unhappy or unfortunate.

Y

- **Yaqin** (Arabic): Certitude and freedom from doubt.
- **Yearning:** A feeling state of intense longing for something.
- **Yielding:** A feeling state of being willing to do what other people want you to do.
- **Yūgen** (Japanese): A feeling of being moved to one's core by the impenetrable depths of existence.

Z

- **Zanshin** (Japanese): A state of mental alertness.
- **Zany:** Feeling goofy, wacky and clownish.
- **Zeal or zealous:** Great energy or enthusiasm in pursuit of a cause or an objective; strong eagerness.
- **Zest or Zestful:** Eagerness, dedication, interest and enthusiasm for pursuing something.

SOMATIC LIST OF FEELINGS, EMOTIONS, AND MOODS

- Achy
- Blocked
- Breathless
- Bruised
- Burning
- Buzzy
- Clammy
- Clenched
- Cold
- Constricted
- Contained
- Contracted
- Dizzy
- Drained
- Dull
- Electric
- Empty
- Expanded
- Flowing
- Fluid
- Fluttery
- Frozen
- Full
- Gentle
- Groggy
- Hard
- Heavy
- Hollow
- Hot
- Icy
- Itchy
- Jittery
- Jumpy
- Knotted
- Light
- Logy
- Loose
- Nauseous
- Numb
- Pain
- Pounding
- Prickly
- Pulsing
- Queasy
- Radiating
- Relaxed
- Releasing
- Rigid
- Sensitive
- Settled
- Shaky
- Shivery
- Slow
- Sluggish
- Smooth
- Soft
- Sore
- Spacey
- Spacious
- Sparkly
- Stiff
- Still
- Suffocated
- Sweaty
- Tender
- Tense
- Throbbing
- Tight
- Tingling
- Twitchy
- Vibrating
- Warm
- Wobbly
- Wooden

Congratulations! You made it to the end of the list. I hope you found this helpful.