



*Hope Recovery,
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Feelings List

Accepting / Open

Calm
Centered
Content
Fulfilled
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Aliveness / Joy

Amazed
Awe
Bliss
Carefree
Delighted
Eager
Ecstatic
Enchanted
Energized
Engaged
Enthusiastic
Excited
Free
Happy
Inspired
Invigorated
Lively
Passionate
Playful
Radiant
Refreshed
Rejuvenated
Renewed

Satisfied
Thrilled
Vibrant

Courageous / Powerful

Adventurous
Arrogant
Brave
Capable
Confident
Daring
Determined
Free
Grounded
Proud
Strong
Worthy
Valiant

Connected / Loving

Accepting
Admiration
Adoration
Affectionate
Caring
Comfortable
Compassion
Empathy
Fulfilled
Present
Safe
Warm
Worthy

Curious

Engaged

Exploring
Fascinated
Interested
Intrigued
Involved
Stimulated

Grateful

Appreciative
Blessed
Delighted
Fortunate
Grace
Humbled
Lucky
Moved
Thankful
Touched

Hopeful

Encouraged
Expectant
Optimistic
Trusting

Tender

Calm
Caring
Loving
Reflective
Self-loving
Serene
Vulnerable
Warm

Angry / Annoyed

Agitated
Aggravated
Aggressive
Aversion
Bitter
Brazen
Brooding
Contempt
Cynical
Disdain
Disgruntled
Disturbed
Edgy
Exasperated
Frustrated
Furious
Grouchy
Hostile
Impatient
Irritated
Irate
Moody
On edge
Outraged
Pissed
Resentful
Upset
Vindictive

Despair / Sad

Agony
Anguish
Apathy
Depressed
Despondent
Disappointed
Discouraged
Forlorn
Gloomy
Grief
Heartbroken
Hopeless
Lonely
Longing
Melancholy
Sorrow

Teary
Unhappy
Upset
Weary
Yearning

Disconnected / Numb

Aloof
Bewildered
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lethargic
Listless
Removed
Resistant
Shut Down
Uneasy
Withdrawn

Embarrassed / Shame

Ashamed
Humiliated
Inhibited
Mortified
Self-conscious
Useless
Weak
Worthless

Fear

Afraid
Alarm
Anxious
Apprehensive
Frightened
Hesitant
Nervous
Panic
Paralyzed
Scared
Terrified
Worried

Fragile

Helpless
Sensitive

Guilt

Regret
Remorseful
Sorry

Powerless

Impotent
Incapable
Resigned
Trapped
Victim

Stressed / Tense

Anxious
Burned out
Cranky
Depleted
Edgy
Exhausted
Frazzled
Overwhelm
Rattled
Rejecting
Restless
Shaken
Tight
Weary
Worn out

Unsettled / Doubt

Apprehensive
Concerned
Dissatisfied
Disturbed
Grouchy
Hesitant
Inhibited
Perplexed
Questioning
Rejecting
Reluctant
Shocked

Skeptical
Suspicious

Ungrounded
Unsure

Worried