

FEELINGS - SENSATIONS - EMOTIONS

PLEASANT (EXPANSION)

CALM

Relaxation
Serene
Tranquil
Peaceful
Quiet
At ease
Comfortable
At home
Grounded
Centered
Trusting
Relief
Content
Fulfilled
Satisfaction
Mellow

LIVELY

Awake	Vibrant
Excitement	Bliss
Enthusiasm	Ecstatic
Eager	Radiant
Energetic	Thrill
Passionate	Astonishment
Alive	Amazement
Surprise	Tingle

REFRESHMENT

Fascination	Engagement
Interest	Inspiration
Involvement	Anticipation
Wonder	

HAPPY

Joy	Delight
Amusement	Glad
Animated	Pleased

COMPASSION

Tender	Touched
Warm	Moved
Open	Affection
Loving	Friendly

CURIOUS

Fascination	Inspiration
Interest	Anticipation
Involvement	Wonder
Engagement	

CONFIDENT

Empowerment	Hopeful
Proud	Optimistic
	Strong

GRATEFUL

Appreciation	Openhearted
Thankful	Encouragement

UNPLEASANT (CONSTRICTION)

CONFUSION

Torn
Doubt
Lost
Hesitant
Bafflement
Perplex
Puzzled

BODY SENSATIONS

Knot in the belly	Shrink
Lump in the throat	Sick
Inner rush	Weak
Tense	Empty
Choking	Shaky
Breathless	Dizzy
Squeeze	Foggy
Trembling	Cold

WORRY

Anxious
Edgy
Unquiet
Concern
Stress
Nervous

AGITATION

Uncertain	Alert
Troubled	Restless
Unsettle	Shock
Cranky	Uneasy
Disquiet	

PAIN

Guilt
Hurt
Lonely
Grief
Agony
Suffer
Heartbreak
Miserable
Devastation
Regret
Remorseful
Turmoil

FATIGUE

Overwhelm	Sleepy
Burn-out	Tired
	Exhaustion

VULNERABLE

fragile
insecure
reservation
sensitive

SAD

Heavy heart	Hopeless
Nostalgic	Helpless
Melancholy	Gloomy
Disappointment	Down
Discouragement	Longing
Depression	Despair

FEAR

Afraid	Paralyzed
scared	Terror
Suspicion	Apprehension
Panic	

HATE

Hostile
Aversion
Bitter
Disgust
Contempt
Dislike

ANGER

Upset
Furious
Rage
Resentful

ANNOYANCE

Irritation
Frustration
Exasperation
Impatient

JEALOUS

Envious

SHAME

Embarrassment
Shy

BOREDOM

Apathetic	Withdraw
Numb	Disengagement