

Resource 3: Feelings vocabulary

The following list appears in *Promoting Emotional Literacy: Guidelines For Schools, Local Authorities, and Health Services* published by SELIG:

Note: some of the words listed are not appropriate for younger children

abandoned	abused	accepted	adamant	acquiescent	adequate
affectionate	affirmed	afraid	agonised	alarmed	alienated
ambivalent	annoyed	anxious	apathetic	appreciated	astounded
attractive	avaricious	averse	awed	awkward	bad
barmy	balmy	beaten	beautiful	bewildered	bitter
blissful	bold	bored	brave	burdened	butch
callous	caddish	cagey	cantankerous	chided	churlish
comfortable	concerned	confident	cop-out	cowardly	creative
curious	cut off	deceitful	defeated	dejected	delighted
dependent	depressed	deprived	desperate	destructive	determined
different	diffident	diminished	disappointed	discontented	distracted
distraught	disturbed	divided	dominated	dubious	eager
ecstatic	elated	electrified	embarrassed	empty	energetic
envious	evasive	exasperated	excited	exhausted	exhilarated
fabulous	fantastic	fawning	fearful	flustered	foolish
frantic	free	fretful	friendless	friendly	frightened
frigid	frustrated	full	funky	glad	good
grateful	gratified	greedy	grieving	groovy	guilty
gullible	gutless	gutted	happy	hateful	helpful
high	homesick	honoured	hopeful	hopeless	horny
horrible	hostile	hurt	hysterical	ignored	immobilised
impatient	imposed upon	impressed	inadequate	incompetent	infatuated
inferior	infuriated	inhibited	insecure	insincere	inspired
intimidated	involved	isolated	jaded	jealous	joyous
judgemental	jumpy	languid	lazy	left out	lonely
loser	like	lovable	loving	low	loyal
manipulated	mawkish	miserable	misunderstood	nasty	needy
nervous	nice	odd	opposed	optimistic	outraged
overlooked	overwhelmed	panicked	paranoid	peaceful	persecuted
petrified	pleasant	pleased	possessive	preoccupied	pressured
putrid	quarrelsome	quiet	randy	refreshed	rejected
relaxed	relieved	remorseful	repulsive	restless	restrained
sad	sapped	satisfied	sexy	scared	screwed up
settled	shallow	shocked	shy	silly	sluggish
sorry	spiritual	strained	stunned	stupid	sure
tempted	tense	threatened	thwarted	tired	torn
touched	touchy	trapped	truculent	unctuous	upset
used	useless	vacuous	violent	vivacious	vulnerable
wilful	wishy-washy	wonderful	worried	zany	