



Manhattan Marriage & Family Therapy

Feelings Chart

Happy Feelings	Sad Feelings	Angry Feelings	Hurt Feelings	Afraid Feelings	Miscellaneous Feelings
glad	sad	mad	offended	fearful	envious
pleased	unhappy	cross	worried	alarmed	bored
playful	gloomy	frustrated	crushed	threatened	cooperative
cheerful	blah	resentful	ignored	scared	forgiving
content	embarrassed	furious	excluded	guilty	determined
confident	quiet	enraged	inadequate	distrustful	loving
wanted	worthless	hostile	inferior	trapped	repulsed
strong	low	rebellious	unwanted	vulnerable	encouraged
special	dreary	defiant	unloved	uneasy	tense
wonderful	discouraged	sullen	lonely	uncomfortable	feisty
proud	moody	stubborn	suffering	terrified	doubtful
generous	gloomy	fuming	despair	insecure	preoccupied
relaxed	shameful	irate	heartbroken	hesitant	bold
excited	ashamed	boiling	injured	suspicious	anxious
alive	concerned	bitter	aching	overwhelmed	humble
hilarious	dismal	provoked	pathetic	timid	fascinated
lighthearted	grumpy	upset	hopeless	perplexed	curious
caring	sulky	pushed	degraded	powerless	creative
eager	depressed	irritated	rejected	worried	hardy
festive	somber	resentful	isolated	frightened	jealous
joyous	in the dumps	stubborn	awful	apprehensive	mixed-up
carefree	sullen	belligerent	cheated	uncertain	confused
optimistic	defeated	argumentative	dejected	shaky	proud
thrilled	down	sulky	disappointed	panicky	inquisitive
merry	hopeless	indignant	let down	nervous	alive
satisfied	remorseful	grumpy	miserable	anxious	tired
contented			neglected		

Learn. Grow. Feel Better.

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