

## Feelings

### Joyful

Excited  
Sensuous  
Energetic  
Cheerful  
Creative  
Hopeful  
Daring  
Fascinated  
Stimulated  
Amused  
Playful  
Optimistic

### Powerful

Faithful  
Important  
Appreciated  
Respected  
Proud  
Aware  
Confident  
Discerning  
Valuable  
Worthwhile  
Successful  
Surprised

### Peaceful

Content  
Thoughtful  
Intimate  
Loving  
Trusting  
Nurturing  
Relaxed  
Pensive  
Responsive  
Serene  
Secure  
Thankful

### Scared

Confused  
Rejected  
Helpless  
Submissive  
Insecure  
Anxious  
Bewildered  
Discouraged  
Insignificant  
Inadequate  
Embarrassed  
Overwhelmed

### Mad

Hurt  
Hostile  
Angry  
Selfish  
Hateful  
Critical  
Distant  
Sarcastic  
Frustrated  
Jealous  
Irritated  
Skeptical

### Sad

Tired  
Bored  
Lonely  
Depressed  
Ashamed  
Guilty  
Remorseful  
Stupid  
Inferior  
Isolated  
Apathetic  
Sleepy

Adapted from *The Feeling Wheel* created by Dr. Gloria Wilcox

