



Kindful Living

Feeling Words

GLAD	SAD	MAD	AFRAID	OTHER
Content	Blah	Bugged	Uncomfortable	Shy
Glad	Blue	Annoyed	Startled	Curious
Pleased	Gloomy	Irritated	Uneasy	Sassy
Playful	Rotten	Mean	Tense	Weird
Cheerful	Sad	Crabby	Anxious	Confused
Giddy	Unhappy	Cranky	Worried	Moody
Calm	Empty	Grumpy	Concerned	Small
Comfortable	Disappointed	Grouchy	Timid	Quiet
Cozy	Hurt	Disgusted	Alarmed	Jealous
Safe	Lost	Ticked off	Scared	Embarrassed
Relaxed	Sorry	Mad	Afraid	Guilty*
Confident*	Ashamed	Angry	Frightened	Responsible**
Strong Peaceful	Lonely	Smouldering	Fearful	Concerned**
Delighted	Down	Hot	Threatened	Ashamed*
Jolly	Hopeless	Frustrated	Trembly	Caring**
Bubbly	Discouraged	Impatient	Shaken	Bored
Tickled	Awful	Fed-Up	Disturbed	
Silly	Miserable	Fuming	Dread	
Frisky	Crushed	Infuriated	Panicky	
Happy	Helpless	Destructive	Terrified	
Proud*	Depressed	Explosive	Horrified	
Joyful	Withdrawn	Violent	Petrified	
Excited	Heartbroken	Enraged		
Thankful/Grateful**	Unloved	Furious		
Great				
Loved/loving				
Blissful				
Satisfied				
Sparkly				
Wonderful				
Ecstatic				
Terrific				
Jubilant				

*Self-Conscious Emotion

** Empathic Emotion

For more information on Kindfulness, Emotional Intelligence & Self-Love visit www.kindfulliving.ca