

Feelings Word Chart

Sad	HAPPY	Hurt	Helped	Insecure	Confident	Tired	Energized
Depressed	Hopeful	Abused	Cherished	Weak	Strong	Indifferent	Determined
Lonely	Supported	Forgotten	Befriended	Hopeless	Brave	Bored	Inspired
Disgusted	Charmed	Ignored	Appreciated	Doubtful	Certain	Drained	Creative
Angry	Grateful	Judged	Understood	Scared	Assured	Síck	Healthy
Frustrated	Calm	Offended	Commended	Anxious	Prepared	Exhausted	Renewed
Annoyed	Amused	Victimized	Empowered	Defeated	Successful	Dull	Vibrant
Discouraged	Optimistic	Rejected	Accepted	Worthless	Valuable	Weary	Alert
Upset	Content	Cursed	Blessed	Guilty	Forgiven	Paralyzed	Enlivened
Despairing	Joyful	Destroyed	Healed	Ugly	Beautiful	Powerless	Strengthened
Uninterested	Enthusiastic	Hated	Loved	Pressured	At ease	Dejected	Motivated
Disappointed	Thrilled	Despised	Esteemed	Forced	Encouraged	Listless	Focused
Hateful	Loving	Mistreated	Taken care of	Stressed	Peaceful	Burned out	Rejuvenated
Bitter	Kind	Crushed	Reassured	Nervous	Relaxed	Fatigued	Invigorated
Sorrowful	Celebratory	Injured	Made whole	Worried	Secure	Blah	Animated
Mournful	Overjoyed	Tortured	Saved	Embarrassed	Comforted	Stale	Refreshed

The Marriage Institute.

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