

# Feelings

## High

Bleak  
Blue  
Crestfallen  
Depressed  
Devastated  
Disconsolate  
Empty  
Grieving

Grim  
Helpless  
Hopeless  
Melancholy  
Mournful  
Sorrowful  
Woebegone  
Woeful

## Sad Medium

Dejected  
Discouraged  
Dismal  
Dispirited  
Down  
Downcast  
Heavy  
Lonely  
Morose

Moved  
Shame  
Solemn  
Sullen  
Unhappy

## Low

Ashamed  
Bored  
Cheerless  
Disappointed  
Embarrassed  
Hurt  
Pained  
Somber  
Uninterested

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## Afraid

### High

Alarmed  
Distressed  
Fearful  
Frightened  
Ghastly  
Panic-stricken  
Petrified  
Scared  
Shocked  
Terrified

Agitated  
Anxious  
Apprehensive  
Fainthearted  
Insecure  
Jittery  
Nervous  
Perturbed  
Pessimistic  
Shaky

### Medium

Startled  
Tense  
Troubled  
Uptight  
Worried

Concerned  
Coy  
Diffident  
Doubtful  
Dubious  
Edgy  
Fidgety  
Restless

### Low

Timid  
Timorous  
Uneasy  
Unsettled  
Unsure  
Vulnerable

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### High

Angry  
Boiling  
Enraged  
Fuming  
Furious  
Hateful  
Hostile  
Infuriated

Aggravated  
Exasperated  
Frustrated  
Incensed  
Indignant  
Inflamed  
Vengeful  
Worked-up

### Mad Medium

Animosity  
Enmity  
Ireful  
Irrked  
Miffed  
Peeved

### Low

Sore  
“Teed off”  
Uneasy  
Unhappy  
Unsettled  
Vexed

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### High

Alive  
Cheerful  
Delighted  
Ecstatic  
Elated  
Energetic  
Excited  
Exuberant  
Happy  
Jubilant

Comfortable  
Content  
Enchanted  
Exalted  
Exquisite  
Gay  
Gleeful  
Hilarious  
Jolly  
Jovial  
Lighthearted

### Glad Medium

Peaceful  
Pleased  
Rapturous  
Serene  
Spirited  
Vibrant  
Warm  
Zestful

### Low

Blithe  
Blithesome  
Tranquil