

# Feelings Wheel



Developed by Dr. Gloria Wilcox



## FULL FEELINGS LIST

	HAPPINESS	CARING	DEPRESSION	INADEQUATE	FEAR	CONFUSION	HURT	ANGER	LONELINESS	REMORSE
STRONG	Delighted Ecstatic Elation Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tinkled Pink Turned On Vibrant Zippy	Adoring Ardent Cherishing Compassionate Crazy About Devoted Doting Fervent Idolizing Infatuated Passionate Wild About Worshipful Zealous	Alienated Barren Beaten Bleak Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grim Hopeless In Despair Woeful Worried	Eminished Broken Crippled Damaged Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed Up Whipped Worthless Zero	Appalled Desperate Distressed Frightened Horried Intimidated Panicky Paralyzed Petried Shocked Terrified Terror-stricken Wrecked	Baffled Bedeviled Chaotic Confounded Confused Flustered Rattled Reeling Shocked Speechless Startled Stumped Stunned Taken-aback Thrown Trapped	Abused Aching Anguished Crushed Cruel Destroyed Devastated Discarded Disgraced Forgaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned	Affronted Belligerent Bitter Burned Up Burned Fuming Furious Heated Incensed Inflamed Outraged Provoked Seething Storming T truculent Vengeful Vindictive	Abandoned Black Cut Off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Shrful Wicked Wrong
	Aglow Buoyant Cheerful Elevated Gleeful Happy In High Spirits Jovial Light-Hearted Lively Merry Riding High Sparkling Up	Admiring Affectionate Attached Fond Fond of Hugely Kind Kind-Hearted Loving Partial Soft On Sympathetic Tender Trusting Warm-Hearted	Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed Up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant	Afraid Alarmed Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bedeviled Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Dizzy Foggy Frozen Frustrated Misled Mistaken Misunderstood Mixed Up Perplexed Troubled	Belittled Cheepened Criticized Damaged Depricated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistrreated Resentful Tortured Troubled Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked Off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left Out Leftover Lonely Oppressed Uncherished	Apologetic Ashamed Contrite Crestfallen Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Shamefaced Sorrowful Sorry
MEDIUM										
LIGHT	Contented Cool Fine Genial Glad Gratified Keen Pleased Satisfied Serene Sunny	Appreciative Attentive Considerate Friendly Interested In Kind Like Respecting Thoughtful Tolerant Warm Toward Yielding	Blah Disappointed Down Funk Gloom Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Pung Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distacted Uncertain Uncomfortable Undecided Unsettled Unsure	Annoyed Let Down Minimized Neglected Put Away Put Down Rueful Tender Touchered Unhappy Used	Bugged Chagrined Disgayed Galled Grim Impatient Iked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Embarrassed Hesitant Humble Meek Shaepish

