

journaling word bank
FEELING WORDS



MAD	SAD	GLAD	AFRAID	CONFUSED	ASHAMED	LONELY	BAD
bothered	down	at ease	uneasy	curious	guilty	out of place	burdened
ruffled	blue	secure	apprehensive	uncertain	uncomfortable	left out	heavy-hearted
irritated	somber	comfortable	careful	ambivalent	awkward	unheeded	stressed
displeased	low	optimistic	cautious	doubtful	self-conscious	lonesome	weighed down
annoyed	glum	satisfied	hesitant	unsettled	disconcerted	disconnected	upset
steamed	lonely	refreshed	tense	hesitant	chagrined	remote	disturbed
irked	disappointed	stimulated	anxious	perplexed	abashed	invisible	worried
perturbed	worn out	pleased	nervous	puzzled	humiliated	unwelcome	apathetic
frustrated	melancholy	warm	edgy	muddled	embarrassed	cut-off	avoidant
angry	downhearted	snug	distressed	distracted	flustered	excluded	self-pity
fed up	unhappy	happy	scared	flustered	sorry	insignificant	dumb
disgusted	dissatisfied	encouraged	frightened	jumbled	apologetic	ignored	lame
indignant	gloomy	tickled	repulsed	unfocused	sheepish	neglected	bitter
ticked off	mournful	proud	agitated	fragmented	regretful	separated	resentful
bristling	grieved	cheerful	shocked	dismayed	remorseful	removed	down
fuming	depressed	thrilled	alarmed	insecure	disgusted	detached	lousy
explosive	lousy	delighted	overwhelmed	dazed	belittled	isolated	awkward
enraged	crushed	joyful	frantic	bewildered	violated	unwanted	overwhelmed
irate	defeated	elated	panic	lost	mortified	rejected	anxious
incensed	dejected	exhilarated	stricken	stunned	defiled	deserted	envious
burned up	empty	overjoyed	horrified	chaotic	devastated	outcast	diminished
livid	wretched	ecstatic	petrified	torn	degraded	abandoned	restless
outraged	despairing	relaxed	terrified	baffled	clumsy	desolate	bored
furious	devastated	content	numb	dumfounded	jumbled	forsaken	bitter