

Keep several copies of this list. Whenever you feel out of sorts or troubled, you might run down this list and mark the intensity of your feeling on the scale of 5 ~ quite intense to 1 ~ less so. It will help you figure out what's going on inside of you. Later in the day you can mark them again behind the word. If you keep a journal, list a dozen of the most prominent feelings in the fly leaf and jot a few of them down in the morning and check them again in the evening to see what, if anything, has changed. Thus, you will track your growth.

Some Feeling Words

"Some Feeling Words is a composite of two lists the authors received by way of mimeographed materials. Grateful acknowledgment is made to the unknown compilers of these lists.

Accepted	Deceitful	Hurt	Persecuted	Shy
Accepting	Defeated	Hurtful	Persuaded	Silly
Adaptable	Delighted	Hypocritical	Persuasive	Sincere
Affectionate	Demanding	Ignored	Pessimistic	Sinful
Afraid	Dependable	Impatient	Petty	Skeptical
Aggressive	Dependent	In Control	Pity	Sorrowful
Alienated	Depressed	Inadequate	Playful	Sorry
Ambivalent	Deprived	Incongruent	Pleased	Spiritual
Amused	Determined	Indecisive	Pompous	Spiteful
Angry	Disappointed	Independent	Powerful	Stimulated
Annoyed	Discontented	Infatuated	Pressured	Strong
Anxious	Distracted	Inferior	Pretending	Stubborn
Anx. to	Disturbed	Infuriated	Protected	Stupid
please	Dominated	Inhibited	Protective	Suicidal
Apathetic	Eager	Insecure	Proud	Superior
Appreciative	Effervescent	Insincere	Puzzled	Supported
Astonished	Embarrassed	Inspired	Quarrelsome	Supportive
Awed	Empty	Intimidated	Questioning	Suspicious
Bad	Energetic	Involved	Quiet	Sympathetic
Bitter	Energized	Irritable	Realistic	Talkative
Bored	Envious	Isolated	Reflective	Temperament
Brave	Excited	Jealous	Refreshed	Tempted
Calm	Exhilarated	Jovial	Regretful	Tender
Capable	Fascinated	Joyful	Rejected	Tense
Carefree	Fearful	Kind	Relaxed	Terrified
Caring	Flirtatious	Lazy	Remorse	Thoughtful
Certain	Foolish	Left Out	Resentful	Threatened
Challenged	Frank	Lonely	Reserved	Tired
Cheated	Friendly	Lovable	Respectful	Tolerant
Cheerful	Frightened	Loved	Responsive	Tough
Childish	Frustrated	Loving	Restless	Troubled
Clever	Generous	Loyal	Reverent	Trusting
Closed	Gentle	Manipulated	Rigid	Twisted
Cold	Giving	Manipulating	Sad	Uncertain
Comfortable	Good	Miserable	Sarcastic	Unconcerned
Committed	Grateful	Misunderstood	Satisfied	Understood
Compassionate	Guilty	Naive	Scared	Uneasy
Concerned	Happy	Negative	Screwed-up	Unreasonable
Confident	Hateful	Nervous	Searching	Unsettled
Confused	Helpful	Nutty	Secure	Vulnerable
Congruent	Helping	Open	Self Righteous	Warm
Contented	Holy	Optimistic	Selfish	Wise
Contrite	Honest	Overwhelmed	Sensible	Withdrawn
Courageous	Honored	Passive	Sensitive	Witty
Cranky	Hopeful	Paternal	Serious	Wonderful
Critical	Horny	Patient	Settled	Worried
Curious	Horrible	Peaceful	Sexy	Zany
Cynical	Hostile	Perceptive	Shocked	(238 words)