



The Time of Light

Zorica Gojkovic, Ph.D.

List of Words to Describe How You Feel

from, www.verywellfamily.com

Angry, Annoyed, Afraid, Awkward, Affectionate, Anxious, Alarmed, Awed, Aggravated, Amazed, Astonished, Amused, Apprehensive, Absorbed, Ambivalent, Ashamed, Able, Addled, Admired, Admirable, Affable, Agreeable, Aggressive, Abandoned

Brave, Bothered, Bewildered, Bitter, Bashful, Blue, Baffled, Blissful, Buoyant, Bereaved, Bold

Cheerful, Cooperative, Confident, Calm, Cold, Curious, Content, Considerate, Cautious, Cranky, Crestfallen, Contrite, Chagrined, Carefree, Composed, Capable, Caring, Careful, Contemptuous, Cross, Concerned, Complacent, Charitable, Crushed, Cantankerous, Compulsive

Defiant, Depressed, Discouraged, Delighted, Disgusted, Determined, Disappointed, Detached, Daring, Disillusioned, Devious, Dismayed, Disenchanted, Doleful, Disinterested, Disdainful, Dismissive, Dejected, Disengaged, Distant

Elated, Enthusiastic, Embarrassed, Edgy, Excited, Envious, Exhausted, Eager, Exuberant, Enraged, Euphoric, Extravagant, Ecstatic, Eager, Emboldened

Funny, Frightened, Fearful, Furious, Fair, Foolish, Frustrated, Forgiving, Flustered, Fulfilled, Fatigued

Grouchy, Guilty, Grief-stricken, Generous, Greedy, Grateful, Grumpy, Guarded, Gleeful, Glad, Gloomy, Glum, Gracious, Grateful

Happy, Humiliated, Hurt, Helpless, Hopeless, Horrified, Hesitant, Humbled, Heartbroken, Hysterical, Hyperactive

Irritated, Irritable, Interested, Insecure, Impatient, Inspired, Inspiring, Inadequate, Irrational, Ignorant, Indifferent, Irked, Impertinent, Inquisitive, Isolated

www.thetimeoflight.com - 415-578-4495

Zorica Gojkovic, Ph.D., zorica@thetimeoflight.com

Jealous, Joyful, Joyous, Judgmental, Judged, Jaded, Jocular, Jittery

Kind, Keen

Loving, Lonely, Lackluster, Leery, Lethargic, Listless, Lazy

Mad, Meek, Mean, Miserable, Malevolent, Marvelous, Manipulated, Manipulative, Misunderstood, Mischievous, Mopey, Melodramatic, Moody, Melancholy, Mirthful, Moved, Morose, Manic

Nice, Naughty, Nasty, Nervous, Neglected, Neglectful, Needy, Needed, Naive, Nonchalant, Nonplussed, Numb

Overpowered, Overjoyed, Obedient, Obsessive, Obsessed, Offended, Outraged, Overloaded, Overstimulated, Obstinate, Obligated, Optimistic, Open, Openminded

Panicked, Panicky, Peaceful, Placid, Playful, Pensive, Puzzled, Powerful, Powerless, Pleased, Petty, Petulant, Preoccupied, Proud, Prideful, Prickly, Petrified, Pressured, Perturbed, Peeved, Passive

Quirky, Quarrelsome, Qualified, Quivery, Querulous, Quiet

Relieved, Relaxed, Resentful, Rattled, Refreshed, Repulsed, Rational, Reasonable, Reasoned, Rebellious, Reluctant, Reassured, Remorseful, Reserved, Rejuvenated, Restless, Rattled

Sad, Surprised, Silly, Scared, Sorrowful, Serious, Shy, Satisfied, Sensitive, Safe, Stressed, Stubborn, Sarcastic, Spiteful, Scornful, Secure, Serene, Smug, Sociable, Sympathetic, Startled, Satisfied, Sanguine, Skeptical, Sincere

Thankful, Tearful, Teary, Thoughtful, Tolerant, Tolerated, Trusted, Trusting, Trustworthy, Temperamental, Terrified, Timid, Tired, Tiresome, Troubled, Tickled, Torn, Touched, Threatened, Tender, Tranquil

Uneasy, Uncertain, Uncomfortable, Unruffled, Unafraid, Useless, Useful, Unimpressed, Unappreciated, Undecided, Unruly, Uptight, Unnerved, Unhappy, Unsteady, Uplifted, Unsure

Vivacious, Vain, Vibrant, Violent, Valued, Valuable, Vital, Vexed, Volatile, Vulnerable, Victorious, Victimized, Vacant

Worried, Wary, Weak, Weary, Wistful, Wishful, Willful, Willing, Woeful, Weepy, Whiny, Worn, Whimsical, Warm, Witty, Withdrawn, Worthless, Wronged, Wasted, Worldly

Youthful, Yielding, Yearning

Zany, Zealous, Zestful

Many Blessings,

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