

SAD

Tearful
Sorrowful
Pained
Grief
Anguish
Desperate
Low
Pessimistic
Unhappy
Grieved
Mournful
Grave
Dismayed
Bummed
Despondent
Heavy-hearted
Scorned
Grey
Miserable
Blue
Longing
Disappointed
Grim
Gloomy
Lost
Moody
Burdened
Discouraged
Let down

DEPRESSED

Lousy
Dysphoric
Dreary
Irritated

Contemptuous

Fiery
Spiteful
Perturbed
Abrasive
Stewing
Seething
Livid
Confrontive
Dark
Black
Morose
Dour
Besieged
Morbid
Suicidal
Accursed
Abysmal
Ashamed
Diminished
Self-destructive
Self-abasing
Guilty
Dissatisfied
Loathsome
Worn out
Repugnant
Despicable
Abominable
Terrible
Despairing
Sulky

DAMAGED

Aberrant

Maimed
Detestable
Ruined
Defiled
Scarred
Impure
Spoiled
Ticked off
Riled
Nauseated
Vicious
Wary
Sore
Annoyed
Upset
Hateful
Unpleasant
Infected
Scathed
Beleaguered
Impaired
Disgusting
Crippled
Abhorred
Destroyed
Abnormal
Contaminated
Contemptible

UNCOMFORTABLE

Awkward
Discomfitted
Antsy
Disturbed
Sickened
Off-balance
Sour

Fidgety
Peculiar
Icky
Ill-tempered
Odd
Inappropriate
Out of it
Conspicuous
Off-center
Rotten
Discontented

ANGRY

Misanthropic
Miffed
Mean
Enraged
Rude
Retaliatory
Menacing
Ruthless
Mouthy
Nasty
Dangerous
Vengeful
Pissed off
Bristling
Dangerous
Galled
Bugged
Disgruntled
Contentious
Abusive
Enraged
Surlly
Bloodthirsty
Hostile

Insulting
Disgusted
Exasperated
Repulsed
Steamed
Dismayed
Frustrated
Revolted
Troubled
Cranky
Horrorified
Furious

Outraged
Offensive
Bitter
Aggressive
Aggravated
Appalled
Resentful
Inflamed
Provoked
Incensed
Infuriated
Cross
Worked up
Boiling
Fuming

BORED

Mundane
Listless
Under-stimulated
Dreary
Tedious
Unchallenged
Bland

HURTFUL

Offensive
Malicious
Malignant
Malevolent
Cruel
Manipulative
Sadistic
Harmful
Controlling

VULNERABLE

Exposed
Bullied
Corralled
Small
Susceptible
Expendable
Bare
Raw
Delicate
One-upped
Weak
Obscured
Little
Eclipsed
Controlled
Conned
Conspicuous
Sensitive
Constrained
Blind
Bested
Lost
Broken
One-down

Open
Captive

EMBARRASSED

Humiliated
Ashamed
Clumsy
Uncomfortable
Mortified
Awkward
Silly
Disgraced
Conspicuous
Foolish
Absurd

GUILTY

Undeserving
Responsible
Rueful
Contrite
Regretful
Accountable
Remorseful
Culpable
Deceitful
Wrong
At fault
Faulty

ALONE

Abandoned
Antisocial
Outnumbered
Loveless
Estranged
Bypassed

Dissociated
Longing
Inaccessible
Friendless
Needy
Disregarded
Distant
Alienated
Desolate
Avoided
Apart
Disliked
Deserted
Aloof
Ignored
Dispossessed
Rejected
Isolated
Excluded
Jilted

LOST

Rudderless
Planless
Scattered
Seeking
Stranded
Stumped

CONFUSED

Ambivalent
Puzzled
Uncertain
Conflicted
Indecisive
Hesitant
Misgiving

Lost
Unsure
Uneasy
At a loss
Tense
Perplexed
Flustered
Confused
Befuddled
Disconcerted
Mystified
Bewildered
Anxious
Muddled
Baffled
Addled
Distracted
Doubtful

SHOCKED

Agape
Aghast
Agog
Flabbergasted
Stricken
Jolted
Stunned
Dumbstruck
Startled
Jarred
Astonished
Rattled
Dumbfounded
Dazed
Stupefied
Dumbfounded
Astounded

Awestruck

NEGATIVE

Averse
Hesitant
Against
Opposed
Quarrelsome
Resistant
Disharmonious
Rebellious
Oppositional
Stubborn
Recalcitrant

TIRED

Battle-worn
Worn
Overdrawn
Drained
Stretched
Pooped
Strained
Faint
Bedraggled
Dried up
Listless
Limp
Overloaded
Harried
Hassled
Downtrodden
Depleted
Exhausted
Done-in
Fried
Weary

Finished
Dispirited
Spent
Careworn
Used up

AFRAID

Fearful
Boxed-in
Cornered
Chilled
Suspicious
Anxious
Doubtful
Cowardly
Quaking
Menaced
Wary
Frightened
Jittery
Jumpy
Scared

Threatened
Terrified
Spooked
Shaken
Uneasy
Overwhelmed
Alarmed
Worried

ANXIOUS

Daunted
Timid
Knotted
Self-conscious

Neurotic
Restless
Fretful
Stressed
Guarded
Ruffled
Skittish
Preoccupied
Frantic
Pell-mell
Obsessive
Shy
Overcome
Shaky
Jangled
Insecure
Nervous
Dreading
Panicky
Unnerved
Cautious
Antsy

HURT

Invalidated
Chastised
Invisible
Ridiculed
Screwed
Wronged
Abased
Punched
Humiliated
Squashed
Burned
Blamed
Annihilated

Rebuffed
Brutalized
Bushwhacked
Laughed at
Agonized
Heart-broken
Disrespected
Victimized
Insulted
Jilted
Cheated
Devalued
Forgotten
Intimidated
Neglected
Defeated
Persecuted
Put down
Oppressed
Slighted
Aching
Afflicted
Injured
Offended
Rejected
Assaulted
Dejected
Tortured
Pained
Deprived
Tormented
Bleeding
Crushed
Abused
Damaged
Ignored
Snubbed

Diminished
Betrayed
Deflated
VICTIMIZED
Bullied
Quashed
Mistreated
Scapegoated
Eviscerated
Jinxed
Hoodwinked
Suffocated
Intruded upon
Erased
Set up
Objectified
Railroaded
Reamed
Denounced
Emasculated
Controlled
Denigrated
Deceived
Bamboozled
Abused
Crushed
Duped
Devoured
Dumped-on
Cuckolded
Cursed
Degraded
Damned
Debased
Cheated
Cheated on

Deprived
Crucified
INADEQUATE
Mediocre
Unworthy
Incompetent
Spineless
Insecure
Meek
Insufficient
Powerless
Helpless
Inferior
Incapable
Useless
Inadequate
Inept
Unworthy
Weak
Pathetic
Worthless
One-down
Deficient
Enfeebled
Second-rate
HELPLESS
Incapable
Controlled
Stifled
Impotent
Paralyzed
Straight-jacketed
Stuck
Stonewalled
Micro-managed

Lame
Useless
Vulnerable
Hindered
Immobile
Ineffective
Futile
Forced
Despairing
Distressed
Pathetic
Dominated
Tragic
Woeful
Frustrated
Hesitant
Empty
Inferior
Fatigued
Alone
Overwhelmed
INDIFFERENT
Apathetic
Lifeless
Empty
Bland
Robotic
Dead
Disinterested
Emotionless
Lackadaisical
Banal
Blasé
Cavalier
Cold
Bored

Absent
Neutral
Weary
Reserved
Nonchalant
Insensitive
Uncaring
Dulled
Mindless
HAPPY
Joyous
Mirthful
Peachy
Fortunate
Giddy
Exuberant
Buoyant
Delighted
Overjoyed
Gleeful
Thankful
Festive
Ecstatic
Satisfied
Glad
Cheerful
Sunny
Merry
Perky
Jubilant
Elated
Delirious
Soaring
Important
Lucky
Great

Sparkling
Bouncy
Blissful
OPEN
Understanding
Ready
Confident
Reliable
Kind
Accepting
Receptive
Satisfied
Sympathetic
Adventurous
Fun-loving
Boundless
Exultant
Interested
Free
Amazed
Easy
Aboard
ALIVE
Playful
Courageous
Energetic
Glowing
Spunky
Liberated
Optimistic
Peppy
Reborn
Provocative
Impulsive
Free

Frisky
Animated
Colorful
Glorious

GOOD

Serene
Relaxed
Deserving
Calm
Decent
Pleasant
At ease
Comfortable
Pleased
Clean
Fabulous
Encouraged
Surprised
Extraordinary
Smart
Clever
Content
Quiet
Bright
Pleased
Reassured
Sure
Certain

LOVING

Considerate
Tender
Sensitive
Caring
Affectionate
Loved

Connected
Warm

INTERESTED

Engrossed
Snoopy
Nosy
Concerned
Affected
Intrigued
Fascinated
Inquisitive
Rapt
Absorbed
Curious
Attentive
Aware
Imaginative

STRONG

Hardy
Tenacious
Resolute
Stable
Authoritative
Persevering
Revitalized
Brave
Unique
Dynamic
Nervy
Influential
Feisty
Rebellious
Outspoken
Sure
Ethical

Certain
Free
Clear
Graceful
In control
Confrontive
Reliable
Able
Accomplished
Assertive
Assured
Solid
Capable
Competent
Courageous
Hardy

POSITIVE

Enthusiastic
Excited
Eager
Keen
Earnest
Intent
Anxious
Determined
Inspired
Complimented
Productive
Pumped
Sincere
Hopeful

ACCEPTABLE

Adequate
Okay
Good enough

Average
Functional
Legitimate

CARED FOR

Admired
Pampered
Appreciated
Accommodated
Esteemed
Honored

THANKFUL

Appreciative
Grateful
Obliged
Beholden
Owing

SMART

Heady
Intelligent
Bright
Accurate
Brainy
Focused
Brilliant
Knowing
Decisive
Clear
Quick
Informed
Observant
Articulate
Imaginative
Logical
Mature

Sagacious
Wise
Skilled
Thoughtful
Sensible

CARING

Benevolent
Loving
In tune
Connected
Empathetic
Selfless
Sympathetic
Gracious
Dedicated
Attached
Loyal
Generous
Affectionate
Responsible
Warm
Nurturing
Cuddly
Communicative

RELAXED

Calm
Breezy
Sleepy
Released
Chill
Resolved

ATTRACTIVE

Captivating
Pretty

Funny
Jazzy
Irresistible
Handsome
Good-looking
Desirable
Appealing
Popular
Lovely
Beautiful
Hot
Gorgeous
Interesting
Dandy
Sexy
Dapper
Well-dressed
Coordinated
Stylish
Debonair