

*Start by clicking the feeling that best describes your current emotional state.*

Comfortable

Uncomfortable



Sad

Afraid



Happy

Confident



Unhappy

Dislike

Alone



Scared

Angry

Embarrassed



Satisfied

---

Loving

---

Excited



Poised

Interested

Accepted

Depressed

Hurt

Deprived

Melancholy

Subdued

Aggrieved

Discouraged



Dismissive

Disgusted

Suspicious

Appalled

Repelled

Skeptical

Distant

Lonely

Excluded

Fragile

Abandoned

Desolate

Apprehensive

Stressed

Worried

Inadequate

Confused

Threatened

Helpless

Offended

Indignant

Dismayed

Bitter

Frustrated

Aggressive

Harassed

Bored

Rushed

Disrespected

Worthless

Guilty

Sheepish

Ashamed

Inferior

Content

Invited

Gratified

Joyful

Beloved

Attractive

Loved

Honored

Joyful

Gratified

Caring

Tolerant

Grateful

Committed

Accepting

Generous

Amazed

Surprised

Energetic

Aroused

Expectant

Moved

High

Charged



Trusting

Positive

Fearless

Truthful

Powerful

Optimistic

Bold

Proud

Sensitive

Intrigued

Allured

Intimate

Curious

Attracted

Creative

Playful

Invited

Attractive

Loved

Beloved

Honored

Popular

Cooperative

Respected



Bleak

Despondent



Injured

Deflated



Disconsolate

Inconsolable



Forlorn

Sorrowful



Gloomy

Somber





Agonized

Desolate



Small

Broken



Contemptuous

Disdainful



Revolted

Nauseated



Disturbed

Scandalized



Sickened

Aghast



Repulsed

Loathe



Critical

Disapproving





Withdrawn

Detached



Isolated

Forlorn



Deserted

Forsaken



Vulnerable

Exposed



Rejected

Friendless



Bleak

Destroyed



Timid

Nervous



Overwhelmed

Desperate





Anxious

Alarmed



Inferior

Insecure



Perturbed

Bewildered



Intimidated

Exposed



Powerless

Out-of-Control



Insulted

Mocked



Violated

Outraged



Let down

Betrayed





Resentful

Jealous



Annoyed

Infuriated



Hostile

Belligerent



Provoked

Persecuted



Indifferent

Apathetic



Pressured

Pushed



Humiliated

Ridiculed



Insignificant

Inadequate





Remorseful

Repentant



Contrite

Abashed



Mortified

Humiliated



Weak

Small



Peaceful

Warm



Free

Fulfilled



Thankful

Pleased



Benevolent

Amiable





Considerate

Devoted



Faithful

Doting



Respectful

Friendly



Humbled

Beneficent



Willing

Kind Hearted



Astonished

Awed



Delighted

Thrilled



Eager

Enthusiastic





Passionate

Stimulated



Aflame

Stirred



Roused

Awakened



Piqued

Fired Up



Animated

Inflamed



Earnest

Assured



Convinced

Sanguine



Sure

Dauntless





Authentic

Honest



Upbeat

Hopeful



Brave

Courageous



Self-reliant

Magnanimous



Expansive

Self-assured



Responsive

Receptive



Beguiled

Fascinated



Enticed

Drawn





Attentive

Romantic



Infatuated

Captivated



Engaged

Inspired



Thoughtful

Inquisitive



Feisty

Cheeky



Needed

Wanted



Beautiful

Interesting



Appreciated

Favored





Cherished

Precious



Esteemed

Important



Admired

In-demand



Constructive

Helpful



Valued

Validated

*Restart by clicking the feeling that best describes your current emotional state.*



Comfortable

Uncomfortable