

NEGATIVE FEELINGS LIST

Afraid

apprehensive
dreadful
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried
alarmed
fearful
horrified
hysterical
insecure
intimidated
nervous
threatened
vulnerable

Annoyed

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked
perturbed
peevied

Angry

bitter
defiant
disgusted
enraged
furious

hateful
hostile
incensed
indignant
infuriated
irate
livid
mad
obstinate
outraged
rebellious
resentful
seething
spiteful
upset
vengeful
resentful

Sad

depressed
dismal
low
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy-hearted
hopeless
melancholy
miserable
unhappy
weepy
wretched

Hurting

abandoned
abused
agonized

anguished
attacked
belittled
bereaved
cheated
devastated
disappointed
dismayed
grieving
heartbroken
lonely
miserable
regretful
remorseful
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful
mournful
sorrowful
rejected
humiliated

Disquiet/Surprise

aghast
agitated
alarmed
amazed
astonished
astounded
discombobulated
disconcerted
disturbed
incredulous
perturbed
rattled
restless
shocked
startled
surprised

troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

Agitated/Tense

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out
tense

Wanting/Yearning

empty
envious
homesick
hungry
ignored
jealous
lonely
longing
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky