

What does my heart feel?

Happy

adventurous * accepted * affectionate * amazed * at-ease * awed * blessed * bliss * brave * calm * caring * centered * cheerful * compassionate * confident * contented * daring * delighted * determined * eager * ecstatic * elated * enchanted * encouraged * energized * engaged * enthusiastic * excited * fascinating * fortunate * free * fulfilled * glad * grateful * grounded * happy * humbled * inspired * interested * intrigued * joyful * joyous * jubilant * lively * lucky * merry * moved * optimistic * overjoyed * passionate * patient * playful * peaceful * pleasant * pleased * present * proud * radiant * reflective * relaxed * rejuvenated * renewed * safe * satisfied * serene * strong * thrilled * touched * trusting * warm * worthy * upbeat * valiant * vibrant

Anger

agitated * aggravated * annoyed * bitter * bothered * contempt * cranky * crazed * cross * cynical * disdain * disgruntled * displeased * disturbed * edgy * enraged * exasperated * fiery * frustrated * fuming * furious * galled * grouchy * hateful * hostile * impassioned * impatient * incensed * indignant * inflamed * infuriated * irate * irritated * mad * moody * offended * on-edge * outraged * pissed * provoked * put out * raging * riled * resentful * resistant * sore * stressed * storming * sulky * sullen * troubled * unhinged * upset * uptight * vexed * vindictive * weary * wrathful

Fear

afraid * anxious * apprehensive * confused * frightened * helpless * hesitant * inhibited * mortified * overwhelmed * nervous * panic * paralyzed * perplexed * petrified * powerless * questioning * rattled * resigned * scared * sensitive * shaken * skeptical * spooked * stressed * terrified * tense * trapped * uneasy * ungrounded * unsafe * unsettled * unsure * vulnerable * weary * worried

Sad

anguished * ashamed * broken * demolished * despair * depressed * despondent * devastated * disappointed * discouraged * eaten-away * embarrassed * exhausted * forlorn * frail * gloomy * grief-stricken * heartbroken * helpless * hopeless * humiliated * isolated * invalid * lethargic * listless * lonely * longing * lost * melancholy * overwhelmed * poorly * rattled * ravaged * rejected * removed * ruined * self-conscious * shattered * shutdown * smashed * sorrow * teary * unhappy * upset * useless * weak * weary * withdrawn * worn-down * worthless * wrecked * yearning

Disgust

Debilitated * disordered * fed up * grossed-out * ill * invalid * impaired * nauseous * outraged * overwrought * powerless * queasy * repulsed * revolted * sick * squeamish * weak

Surprise

aghast * alarmed * amazed * appalled * astonished * awestruck * bewildered * dismayed * offended * shocked * spooked * startled * stunned * suspicious

What does my body feel?

achy	cold	empty	hollow	numb	rigid	spacious	
airy	constricted	expanded	hot	pain	sensitive	sparkly	tight
blocked	contained	flowing	icy	pounding	settled	stiff	tingling
breathless	contracted	fluid	itchy	prickly	shaky	still	trembly
bruised	delicate	fluttery	jumpy	pulsing	shivery	suffocated	twitchy
burning	dizzy	frozen	knotted	queasy	slow	sweaty	vibrating
buzzy	drained	full gentle	light	radiating	smooth	tender	warm
clammy	dull	hard	loose	relaxed	soft	tense	wobbly
clenched	electric	heavy	nauseous	releasing	sore	throbbing	wooden
					spacey		

