

### Comfortable Feelings

A	agreeable, affectionate, accepted
B	brave, brilliant
C	cheery, cooperative, caring, confident, calm, curious, content, competent, compassionate, considerate, clever
D	delighted, determined, daring, devious
E	energetic, encouraged, enthusiastic, excited, empathetic, eager, exuberant
F	friendly, funny, forgiving, fortunate
G	great, generous, grateful
H	happy, honest, hilarious, honoured
I	interested, inspired
J	joyful
K	kind, keen, kooky
L	laid back, loving, likeable, lucky
M	marvelous, magical, mellow
N	nice, nerdy, noble, needed, nifty
O	okay, overjoyed, obedient,
P	peaceful, playful, pensive, proud, peachy, perfect, peppy, powerful, pleased
Q	quiet, quirky, qualified
R	respected, relieved, relaxed, refreshed, reasonable, ready, reassured
S	surprised, silly, smiley, satisfied, sensitive, safe, sassy, secure, sociable
T	thankful, thoughtful, terrific, talkative, tolerant, trusted, trustworthy
U	understood, unafraid, unique
V	vibrant, valued, victorious
W	wacky, well, whimsical, warm, witty, wishful
X	eXtra eXcited
Y	yearning
Z	zany, zippy, zestful

### Uncomfortable Feelings

A	angry, annoyed, awkward, anxious, alarmed, awful, abandoned
B	bored, bothered, bitter, blue, bummed out
C	confused, clumsy, cautious, cranky
D	disorganized, defiant, depressed, discouraged, disgusted, disappointed
E	embarrassed, envious, enraged
F	frightened, fearful, furious, foolish, fed up, frustrated, flustered
G	grouchy, guilty, grief-stricken, greedy, gullible, grumpy, green with envy
H	humiliated, hurt, helpless, hopeless, horrified, hesitant, heartbroken
I	irritated, impatient, ignored, irked, invisible
J	jealous, jumpy, jokey
K	knocked down
L	lonely, lackluster, lost, lousy, lazy, loopy
M	mad, mixed-up, mean, miserable, manipulated, misunderstood
N	naughty, nasty, nauseated, nervous, neglected,
O	off, odd, outraged,
P	panicked, peeved, puzzled, powerless, picky, preoccupied
Q	quarrelsome
R	rattled, repulsed, rageful, reluctant, remorseful
S	Sad, surprised, scared, sorry, stupid, shy, stressed out, stubborn, smug, snarky
T	Terrified, troubled, threatened
U	U: uneasy, uncertain, ugly, uncomfortable, useless, unappreciated
V	vexed, vulnerable
W	worried, weak, weary, worn out, withdrawn, wronged
X	x'd out
Y	yucky
Z	zapped