

A List of the Four Major Feeling Groups

GLAD, MAD, SAD, SCARED

(This list is not all inclusive or perfect--some words may be misplaced or are not even feelings)

GLAD/ Love	good	trusting	offended	depressed	lonely	bewildered
admired	great	understanding	opinionated	desolate	lost	butterflies
admiration	gregarious	up	outraged	despair	melancholy	cautious
adoration	happy	warm	rage	destroyed	miserable	confounded
adored	hold dear	wonderful	resentful	devastated	mistreated	confused
affectionate	hopeful	zany	revulsion	disappointed	mortified	defensive
aglow	idealistic	zeal	ridicule	discarded	neglected	desperate
agreeable	idolized	zest	scorn	discontented	no good	disconcerted
alive	infatuated		seething	discouraged	overwhelmed	disorganized
amiable	inspired	MAD/Hurt	selfish	discredited	pain(ed)	distress
attraction	interested	abrasive	spiteful	disgraced	pessimistic	distrustful
blissful	jovial	aggravated	stubborn	dismal	pity	disturbed
boisterous	joy	aggressive	sullen	dismay	powerless	dread
bright	jubilant	agitated	tense	displeasure	rejected	edgy
calm	kindly	anger	unforgiving	distraught	remorse	embroiled
captivated	light-hearted	annoyed	upset	distressed	ridiculed	fearful
caring	liking	antagonistic	used	disturbed	rotten	flustered
charmed	love	belligerent	vengeful	downtcast	sad	<i>foggy</i>
cheerful	loving	bitter	vexed	dread	scoffed at	frightened
cherished	loyal	burned up	vicious	emasculated	scorned	helpless
close	marvelous	complaining	vindictive	empty	sensitive	horrified
compassion	on cloud nine	contrary	violent	estranged	shame	in a quandary
concern <i>for</i>	optimistic	contempt	wounded	exploited	small	intimidated
confident	outgoing	critical	wrath	exposed	sorrow	jumpy
considerate	overjoyed	cross		finished	suffering	lost
contented	passionate	cruel	SAD/ Shame	forlorn	tearful	mixed up
cool	patient	cutting	abandoned	forsaken	terrible	nervous
courageous	peaceful	defensive	abused	gloomy	thin-skinned	overwhelmed
daring	pleasant	destructive	adrift	glum	tormented	panicky
delighted	pleased	disgust	alienated	good for nothing	unfit	paralyzed
desire	powerful	dislike	alone	grief	unhappy	perplexed
devoted to	proud	displeased	anguished	grieved	unimportant	puzzled
eagerness	quiet	enraged	ashamed	grim	upset	scared
ecstatic	rapture	envy	awful	guilt	used	shaky
elated	relaxed	exasperated	awkward	helpless	useless	shock
elevated	relieved	fighting	belittled	hopeless	vulnerable	shy
enamored	respectful	flustered	bleak	horrible	washed up	stage fright
enchanted	safe	frustrated	blue	humiliated	weepy	tenseness
energetic	satisfied	furious	bored	hurt	whipped	terrified
enjoyment	secure	galled	cast <i>off</i>	immobilized	withdrawn	threatened
enthralled	sensational	grouchy	censured	impotent	worthless	timid
enthusiastic	serene	grumpy	controlled	inadequate		trapped
euphoric	sincere	hateful	crippled	incompetent	Scared/Confused	troubled
excited	soothed	hostile	criticized	incomplete		uneasy
exhilarated	steady	impatient	crummy	ineffective	adrift	vulnerable
fantastic	strong	incensed	crushed	inept	afraid	worried
fine	sympathetic	indignant	cut off	inferior	alarmed	
fit	tactful	infuriated	defamed	insecure	ambivalent	
fond of	taken with	irritated	defeated	insignificant	anxious	
free	tender	jealous	deficient	intimidated	apprehensive	
friendly	terrific	loathing	degraded	isolated	at loose ends	
gentle	thoughtful	mad	dejected	lacking	awkward	
glad	thrilled	manipulative	demeaned	laughed at	baffled	
glowing	triumphful	mean	demoralized	like a failure	befuddled	