A List of the Four Major Feeling Groups

**GLAD/ Love**
- admired
- adored
- affectionate
- aglow
- agreeable
- alive
- amiable
- attraction
- boisterous
- bright
- calm
- captivated
- caring
- charmed
- cheerful
- cherished
- close
- compassion
- concerned
- confident
- considerate
- contented
- cool
- courageous
- daring
- delighted
- desire
- devoted to
- eagerness
- ecstatic
- elated
- elevated
- enamored
- enchanted
- energetic
- enjoyment
- enthralled
- enthusiastic
- euphoric
- excited
- exhilarated
- fantastic
- fine
- fit
- fond of
- free
- friendly
- gentle
- glad
- glowing

**MAD/Hurt**
- abashed
- aggrieved
- aggravated
- aggressive
- agitated
- angered
- annoyed
- antagonistic
- belligerent
- bitter
- burned up
- complaining
- contrary
- contempt
- critical
- cross
- cruel
- cutting
- defensive
- destructive
- disgust
- dislike
- displeased
- enraged
- envied
- exasperated
- fighting
- flustered
- frustrated
- furious
- galled
- ghoulish
- grumpy
- guilty
- greatly
-畹released
- relaxed
- relieved
- respectful
- safe
- satisfied
- secure
- sensational
- serene
- sincere
- soothing
- steady
- strength
- sympathetic
- tactful
- taken with
- tender
- terrific
- thoughtful
- thrilled
- triumphful

**SAD/ Shame**
- abandoned
- abused
- adrift
- alienated
- alone
- anguished
- ashamed
- awful
- awkward
- belittled
- bleak
- blue
- bored
- cast off
- censured
- controlled
- crippled
- criticized
- crummy
- crushed
- cut off
- defamed
- defeated
- deficient
- deflected
- dejected
- demeaned
- demoralized
- depressed
- desolate
- despondent
- deprived
- devasted
- disappointed
- discarded
- discontended
- discouraged
- disgraced
- disgraced
- disheartened
- disheartened
- distraught
- distressed
- downcast
- dread
- emasculated
- empty
- estranged
- exploited
- exposed
- finished
- forlorn
- forsaken
- gloomy
- grim
- guilt
- helpless
- hopeless
- horrible
- humiliated
- hurt
- immobilized
- impotent
- inadequate
- incompetent
- incomplete
- indifferent
- ineffective
- inept
- inferior
- insecure
- insignificant
- intimidated
- isolated
- lacking
- laughed at
- like a failure
- lonely
- lost
- melancholy
- miserable
- mistreated
- mortified
- neglected
- no good
- overwhelmed
- pain(ed)
- pessimistic
- pitiful
- powerless
- rejected
- remorse
- ridiculed
- rotten
- sad
- scoffed at
- scorned
- sensitive
- shame
- small
- sorrow
- suffering
- tearful
- terrible
- thin-skinned
- tormented
- unfit
- unhappy
- unimportant
- upset
- used
- useless
- vulnerable
- washed up
- weary
- whipped
- withdrawn
- worthless

**Scared/Confused**
- adrift
- afraid
- alarmed
- ambivalent
- insignificant
- intimidated
- isolated
- lacked
- laughed at
- like a failure
- blade
- baffled
- befuddled
- bewildered
- butterflies
- cautious
- confused
- defensive
- desperate
- disconcerted
- disorganized
- distress
- distrustful
- dazed
- edgy
- embroiled
- fearful
- flustered
- foggy
- frightened
- helpless
- horrified
- intimidated
- jumpy
- lost
- mixed up
- nervous
- overwhelmed
- panicked
- paralyzed
- perplexed
- puzzled
- scared
- shaky
- shock
- shy
- stage fright
- tense
- threatened
- timid
- trapped
- troubled
- uneasy
- vulnerable
- worried