

## Pleasant (expansion)

# FEELINGS – SENSATIONS – EMOTIONS

## Unpleasant (constriction)

### CALM

relaxed	serene
tranquil	peaceful
quiet	at ease
comfortable	at home
grounded	centred
trusting	relief
content	fulfilled
satisfied	mellow

### LIVELY

awake	excitement
eager	enthusiasm
energetic	passionate
alive	surprise
thrill	vibrant
bliss	radiant
ecstatic	amazement
astonishment	tingle

### CONFUSION

torn  
lost  
doubt  
hesitant  
bafflement  
perplexed  
puzzled

### BODY SENSATIONS

knot in the belly	shrinking
lump in the throat	tense
inner rush	weak
choking	sick
breathless	empty
trembling	shaky
squeeze	dizzy
foggy	cold

### SHAME

embarrassment  
shy

### JEALOUS

envious

### HAPPY

amused	joyful
animated	delighted
glad	pleased

### COMPASSION

tender	touched
warm	moved
open	affection
loving	friendly

### FEAR

afraid	suspicious
scared	paralyzed
panic	apprehension
terror	

### SAD

heavy heart	hopeless
nostalgic	helpless
melancholy	gloomy
disappointment	down
discouragement	longing
depression	despair

### ANNOYANCE

irritation  
frustration  
exasperation  
impatient

### CURIOUS

fascination	inspiration
interested	anticipation
involvement	wonder
engagement	

### GRATEFUL

appreciative	openhearted
thankful	

### WORRY

anxious	concern
edgy	stress
disquiet	nervous

### ANGER

upset  
furious  
rage  
resentful

### PAIN

guilt	heartbreak
hurt	miserable
lonely	devastation
grief	regret
agony	remorseful
suffering	turmoil

### HATE

hostile  
aversion  
bitter  
disgust  
contempt  
dislike

### CONFIDENT

empowerment/powerful	
proud	strong
hopeful	optimistic

### VULNERABLE

fragile  
insecure  
sensitive

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### REFRESHED

rested	enlivened
restored	clearheaded
exuberant	revitalized

### FATIGUE

overwhelm  
burn-out  
exhaustion  
sleepy  
tired

### AGITATION

uncertain	alert
troubled	restless
unsettle	shock
cranky	disquiet
uncomfortable	uneasy

### BOREDOM

apathetic  
numb  
withdrawn  
disengaged