

Feelings (*Emotions*) vs Opinions (*Thoughts*)

Glad	Sad	Mad	Opinions
Happy	Lonely	Angry	Let Down
Hopeful	Heavy	Aggravated	Abandoned
Joyful	Troubled	Exasperated	Attached
Satisfied	Helpless	Irritated	Betrayed
Delighted	Gloomy	Agitated	Blamed
Encouraged	Grief	Furious	Caged
Grateful	Overwhelmed	Enraged	Cheated
Confident	Distant	Infuriated	Cornered
Inspired	Despondent	Hostile	Controlled
Relieved	Discouraged	Pissed Off	Criticised
Touched	Distressed	Pessimistic	Distrusted
Proud	Dismayed	Resentful	Dumped on
Thrilled	Disheartened	Disgusted	Guilty
	Depressed	Bitter	Hassled
			Ignored
			Inadequate
Tired	Scared	Confused	Insulted
Exhausted	Afraid	Frustrated	Intimidated
Fatigued	Fearful	Perplexed	Invalidated
Inert	Terrified	Hesitant	Invisible
Lethargic	Startled	Troubled	Isolated
Indifferent	Nervous	Uncomfortable	Left out
Listless	Panicky	Torn	Let down
Weary	Jittery	Withdrawn	Manipulated
Worn out	Horrorified	Apathetic	Misunderstood
Fidgety	Anxious	Hopeless	Neglected
Helpless	Worried	Hurt	Overpowered
Heavy	Anguished	Uneasy	Overworked
Sleepy	Lonely	Irritated	Patronised
Overwhelmed		Embarrassed	Pressured
Peaceful	Loving	Playful	Pushed Around
Tranquil	Warm	Energetic	Put Down
Calm	Affectionate	Effervescent	Rejected
Content	Tender	Invigorated	Ripped Off
Engrossed	Appreciative	Zestful	Smothered
Absorbed	Friendly	Refreshed	Stupid
Expansive	Sensitive	Stimulated	Threatened
Serene	Compassionate	Impish	Tricked
Loving	Grateful	Alive	Unaccepted
Blissful	Nurtured	Exuberant	Unheard
Satisfied	Amorous	Giddy	Unimportant
Relaxed	Trusting	Adventurous	Used
			Excluded