

# Feelings List

1. I feel (put word here) when (put a present situation when you feel this).
2. I first remember feeling (put the same feeling word here) when (explain earliest occurrence of this feeling)

**RULES FOR COUPLES:** 1- No examples about each other or the relationship. 2-Eye contact. 3-No feedback

Abandoned	Badgered	Competent	Destroyed	Friendly
Abused	Baited	Competitive	Different	Frightened
Aching	Bashful	Complacent	Dirty	Frustrated
Accepted	Battered	Complete	Disenchanted	Full
Accused	Beaten	Confident	Disgusted	Funny
Accepting	Beautiful	Confused	Disinterested	Furious
Admired	Belligerent	Considerate	Dispirited	Gabby
Adored	Belittled	Consumed	Distressed	Generous
Adventurous	Bereaved	Content	Distrustful	Gentle
Affectionate	Betrayed	Cool	Distrusted	Genuine
Afraid	Bewildered	Courageous	Disturbed	Giddy
Agony	Blamed	Courteous	Dominated	Giving
Alienated	Blaming	Coy	Domineering	Goofy
Aloof	Bonded	Crabby	Doomed	Grateful
Aggravated	Bored	Cranky	Doubtful	Greedy
Agreeable	Bothered	Crazy	Dreadful	Grief
Aggressive	Brave	Creative	Eager	Grim
Alive	Breathless	Critical	Ecstatic	Grimy
Alone	Bristling	Criticized	Edgy	Grouchy
Amazed	Broken-up	Cross	Edified	Grumpy
Amused	Bruised	Crushed	Elated	Hard
Angry	Bubbly	Cuddly	Embarrassed	Harried
Anguished	Burdened	Curious	Empowered	Hassled
Annoyed	Burned	Cut	Empty	Healthy
Anxious	Callous	Damned	Enraged	Helpful
Apart	Calm	Dangerous	Enraptured	Helpless
Apathetic	Capable	Daring	Enthusiastic	Hesitant
Apologetic	Captivated	Dead	Enticed	High
Appreciated	Carefree	Deceived	Esteemed	Hollow
Appreciative	Careful	Deceptive	Exasperated	Honest
Apprehensive	Careless	Defensive	Excited	Hopeful
Appropriate	Caring	Delicate	Exhilarated	Hopeless
Approved	Cautious	Delighted	Exposed	Horrific
Argumentative	Certain	Demeaned	Fake	Hostile
Aroused	Chased	Demoralized	Fascinated	Humiliated
Astonished	Cheated	Dependent	Feisty	Hurried
Assertive	Cheerful	Depressed	Ferocious	Hurt
Attached	Childlike	Deprived	Foolish	Hyper
Attacked	Choked-up	Deserted	Forced	Ignorant
Attentive	Close	Desirable	Forceful	Ignored
Attractive	Cold	Desired	Forgiven	Immature
Aware	Comfortable	Despair	Forgotten	Impatient
Awestruck	Comforted	Despondent	Free	Important

Impotent	Nurtured	Remembered	Sorry	Unapproachable
Impressed	Nuts	Removed	Spacey	Unaware
Incompetent	Obsessed	Repulsed	Special	Uncertain
Incomplete	Offended	Repulsive	Spiteful	Uncomfortable
Independent	Open	Resentful	Spontaneous	Under control
Insecure	Ornery	Resistant	Squelched	Understanding
Innocent	Out of control	Responsible	Starved	Understood
Insignificant	Overcome	Responsive	Stiff	Undesirable
Insincere	Overjoyed	Repressed	Stimulated	Unfriendly
Isolated	Overpowered	Respected	Stifled	Ungrateful
Inspired	Overwhelmed	Restless	Strangled	Unified
Insulted	Pampered	Revolved	Strong	Unhappy
Interested	Panicked	Riled	Stubborn	Unimpressed
Intimate	Paralyzed	Rotten	Stuck	Unsafe
Intolerant	Paranoid	Ruined	Stunned	Unstable
Involved	Patient	Sad	Stupid	Upset
Irate	peaceful	Safe	Subdued	Uptight
Irrational	Pensive	Satiated	Submissive	Used
Irked	Perceptive	Satisfied	Successful	Useful
Irresponsible	Perturbed	Scared	Suffocated	Useless
Irritable	Phony	Scolded	Sure	Unworthy
Irritated	Pleasant	Scorned	Sweet	Validated
Isolated	Pleased	Scrutinized	Sympathy	Valuable
Jealous	Positive	Secure	Tainted	Valued
Jittery	Powerless	Sedentary	Tearful	Victorious
Joyous	Present	Seduced	Tender	Violated
Lively	Precious	Self-centered	Tense	Violent
Lonely	Pressured	Self-conscious	Terrific	Voluptuous
Loose	Pretty	Selfish	Terrified	Vulnerable
Lost	Proud	Separated	Thrilled	Warm
Loving	Pulled apart	Sensitive	Ticked	Wary
Low	Put down	Sexy	Tickled	Weak
Lucky	Puzzled	Shattered	Tight	Whipped
Lustful	Quarrelsome	Shocked	Timid	Whole
Mad	Queary	Shot down	Tired	Wicked
Maudlin	Quiet	Shy	Tolerant	Wild
Malicious	Raped	Sickened	Tormented	Willing
Mean	Ravished	Silly	Torn	Wiped out
Miserable	Raw	Sincere	Tortured	Wishful
Misunderstood	Real	Sinking	Touched	Withdrawn
Moody	Refreshed	Smart	Trapped	Wonderful
Morose	Regretful	Smothered	Tremendous	Worried
Mournful	Rejected	Smug	Tricked	Worthy
Mystified	Rejuvenated	Sneaky	Trusted	Wounded
Nasty	Rejecting	Snowed	Trustful	Young
Nervous	Relaxed	Soft	Trusting	Zapped
Nice	Relieved	Solid	Ugly	
Numb	Remarkable	Solitary	Unacceptable	