

**SOUL WORDS**  
A Feelings Word List

**HAPPY**, cheerful, delighted, elated, encouraged, glad, gratified, joyful, lighthearted, overjoyed, pleased, relieved, satisfied, thrilled, secure.

**LOVING**, affectionate, cozy, passionate, romantic, sexy, warm, tender, responsive, thankful, appreciative, refreshed, pleased.

**HIGH ENERGY**, energetic, enthusiastic, excited, playful, rejuvenated, talkative, pumped, motivated, driven, determined, obsessed.

**AMAZED**, stunned, surprised, shocked, jolted, enlightened.

**ANXIOUS**, uneasy, embarrassed, frustrated, nauseated, ashamed, nervous, restless, worried, stressed.

**CONFIDENT**, positive, secure, self assured, assertive.

**PEACEFUL**, relieved, at ease, calm, comforted, cool, relaxed, serene.

**AFRAID**, scared, anxious, apprehensive, boxed in, burdened, confused, distressed, fearful, frightened, guarded, hard pressed, overwhelmed, panicky, paralyzed, tense, terrified, worried, insecure.

**TRAUMATIZED**, shocked, disturbed, injured, damaged.

**ANGRY**, annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated.

**LOW ENERGY**, beaten down, exhausted, tired, weak, listless, depressed, detached, withdrawn, indifferent, apathetic.

**ALONE**, avoidant, lonely, abandoned, deserted, forlorn, isolated, cut off, detached.

**SAD**, unhappy, crushed, dejected, depressed, desperate, despondent, grieved, heartbroken, heavy, weepy.

**BETRAYED**, deceived, fooled, duped, tricked, cynical

**CONFUSED**, baffled, perplexed, mystified, bewildered.

**ASHAMED**, guilty, mortified, humiliated, embarrassed, exposed.

**DISSAPOINTED**, let down, disheartened, disillusioned, distrustful.