

## What Am I Feeling ?

friendly	relaxed	calm
loving	relieved	clear
open	enlivened	comfortable
tender	rested	centered
alert	apprehensive	content
curious	afraid	mellow
fascinated	frightened	quiet
interested	suspicious	nervous
intrigued	wary	restless
stimulated	worried	vulnerable
hopeful	ambivalent	irritable
optimistic	bewildered	edgy
safe	dazed	anxious
amazed	hesitant	lonely
eager	lost	overwhelmed
energetic	perplexed	apathetic
enthusiastic	puzzled	aloof
invigorated	indifferent	frustrated
surprised	numb	impatient
delighted	tired	irritated
happy	fragile	furious
jubilant	helpless	disturbed
thrilled	shaky	alarmed
exuberant	flustered	exhausted
uncomfortable	envious	ashamed
agitated	upset	bored
angry		confused
		unsettled
		sad