

**SOUL WORDS**  
*A Feelings Word List*

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

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

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

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

**ANXIOUS**, afraid, uneasy, nauseated, nervous, restless, preoccupied, worried, scared, tense, fearful, terrified, insecure, indecisive, hyper-vigilant, cautious

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

**PEACEFUL**, relieved, at ease, calm, comforted, cool, relaxed, composed, protected

**OVERWHELMED**, apprehensive, boxed in, burdened, confused, distressed, guarded, hard-pressed, paralyzed, panicky, tense, weighted down, edgy

**TRAUMATIZED**, shocked, disturbed, injured, damaged, unloved, unlovable, hated

**ANGRY**, annoyed, controlled, manipulated, furious, grouchy, grumpy, irritated, provoked, frustrated, hateful, cold, icy, bitter, cynical

**LOW ENERGY**, beaten down, exhausted, tired, weak, listless, depressed, detached, withdrawn, indifferent, apathetic, lazy, bored

**ALONE**, avoidant, lonely, abandoned, deserted, isolated, cut off, detached, disconnected, unwanted

**SAD**, unhappy, crushed, dejected, depressed, desperate, hopeless, grieved, heavy, despairing, weepy

**BETRAYED**, deceived, fooled, duped, tricked, misled, skeptical

**CONFUSED**, baffled, perplexed, mystified, bewildered, misunderstood, disoriented

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

**DISAPPOINTED**, let down, disheartened, disillusioned, distrustful

**INVISIBLE**, forgotten, overlooked, unimportant, invisible, disregarded, lost

**DESPISED**, ridiculed, dumb, belittled, mocked, scorned, shamed, hated, detested