Feelings Word List

Emotions

- Joy
- Appreciation
- Empowerment
- Freedom
- Love
- Passion
- Enthusiasm
- Eagerness
- Happiness
- Positive Expectation
- Belief
- Optimism
- Hopefulness
- Contentment
- Boredom
- Pessimism
- Frustration
- Irritation
- Impatience
- Overwhelm
- Disappointment
- Doubt
- Worry
- Blame
- Discouragement
- Anger
- Revenge
- Hatred
- Rage
- Jealousy
- Insecurity
- Guilt
- Unworthiness
- Fear
- Grief
- Desperation
- Powerlessness
- Shame
- Others...

Sensations

- Stiff
- Cool
- Sore
- Tingly
- Heavy
- Stable
- Grounded
- Flexible
- Fluid
- Blocked
- Bloated
- Achy
- Empty
- Full
- Energised
- Balanced
- Radiant
- Nauseous
- Tingly
- Twitchy
- Sweaty
- Chills
- Numb
- Prickly
- Paralysed
- Breathless
- Clenched
- Foggy
- Clear
- Fuzzy
- Floaty
- Frozen
- Pins and needles
- Sinking
- Burning
- Others.....