

Feelings\Sensations\Emotions

Pleasant (expansion)

LIVELY

Awake
Vibrant
Excitement
Bliss
Enthusiasm
Ecstatic
Eager
Radiant
Energetic
Thrill
Passionate
Astonishment
Alive
Amazement
Surprise
Tingle



CALM

Relaxation
Grounded
Serene
Tranquil
Centered
Trusting
Peaceful
Relief
Quiet
Content
Ease
Fulfilled
Comfortable
Satisfaction
At home
Mellow



COMPASSION

Tender
Touched
Warm
Moved
Open
Affection
Loving
Friendly



CONFIDENT

Empowerment
Proud
Hopeful
Optimistic
Strong



HAPPY

Joy
Delight
Amusement
Glad
Animated
Pleased



CURIOUS

Fascination
Inspiration
Interest
Anticipation
Involvement
Wonder
Engagement



REFRESHMENT

Rested
Enlivened
Restored
Reactivation
Clearheaded
Exuberant



GRATEFUL

Appreciation
Openhearted
Thankful
Encouragement



Unpleasant (constriction)

CONFUSION

Torn
Doubt
Lost
Hesitant
Bafflement
Perplex
Puzzled



FEAR

Afraid
Scared
Suspicion
Panic
Paralyzed
Terror
Apprehension



WORRY

Anxious
Edgy
Concern
Stress/Tense
Nervous



HATE

Hostile
Aversion
Bitter
Disgust
Contempt
Dislike



PAIN

Guilt
Hurt
Lonely
Grief
Agony
Suffer
Heartbreak
Miserable
Devastation
Regret
Remorseful
Turmoil



PHISICAL SENSATIONS

Knot in the belly
Shrink
Lump in the throat
Sick
Inner rush
Weak
Unquiet
Disgust
Empty
Choking
Shaky
Breathless
Dizzy
Squeeze
Foggy
Trembling
Cold



SAD

Heavy heart
Hopeless
Nostalgic
Helpless
Melancholy
Gloomy
Disappointment
Down
Discouragement
Longing
Depression
Despair



AGITATION

Uncertain
Alert
Troubled
Restless
Unsettle
Shock
Cranky
Uncomfortable
Disquiet
Uneasy



JEALOUS

Envious



SHAME

Embarrassment



BOREDOM

Apathetic
Numb
Far
Withdraw
disengagement



VULNERABLE

Fragile
Insecure
Reservation
Sensitive



FATIGUE

Overwhelm
Burn-out
Exhaustion
Sleepy
Tired



ANGER

Upset
Furious
Rage
Resentful



ANNOYANCE

Irritation
Frustration
Exasperation
Impatient

