Unpleasant Feelings
afraid, terrified, anxious
mad, explosive, furious, fed up
annoyed, nervous, bugged, irritated
unsure, doubtful, confused, puzzled
lost, bored, tired, confused
jealous, envious, left out
uncomfortable, unappreciated
unimportant, not taken seriously
insignificant, small, put down
unwanted, neglected, uncared about
cheated, fooled, taken advantage of
indifferent, uncaring, hopeless
hurt, wounded, cut, mistreated
discouraged, inadequate, worthless
frustrated, infuriated, stuck
grumpy, irritable, bothered
unprepared, apprehensive, worried
disappointed, betrayed, let down
defeated, whipped, beaten
repelled, disgusted, revolted
sick at heart, heart-broken
embarrassed, humiliated
guilty, rotten, ashamed
restless, at loose ends

Pleasant Feelings
accepted, appreciated, loved
glad, happy, enthusiastic, excited
thrilled, delighted, elated
flying high, pleased, grateful
proud, satisfied
included, liked, trusted
appreciated, valued, understood
taken seriously, important
competent, capable, adequate
sympathetic, compassionate
interested, curious, fascinated
confident, sure of yourself
determined, resolute, convinced
courageous, brave, strong, able
relieved, comfortable, secure
relaxed, rested
ready, prepared
proud, pleased with yourself
inspired, creative
grateful, appreciative
secure, content

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