

# Feeling Menu

Assertive			
strong brave	competitive rightful	challenged opposed	tenacious powerful
Loved, Caring			
admired affectionate accepting helpful responsive sympathetic loyal just trustworthy well-meaning	caring lovable benevolent patient sensitive fair interested thoughtful understanding	comforting loving nice reasonable honorable hospitable generous warm tolerant	moral amiable open honest giving faithful genuine kind good
Happy			
blissful humorous calm delighted inspired jubilant pleasant	enthusiastic satisfied cheerful ecstatic jovial marvelous terrific	elated at peace contented enchanted joyful overjoyed wonderful	happy serene glad excited thrilled fun
Capable			
able brave confident forceful self-confident	adequate courageous firm skillful intense	competent determined powerful strong bold	hardy secure sure tough assured
Angry			
mad agitated savage infuriated explosive	cross enraged biligerent burned up inflammatory	annoyed wrathful irritated fuming livid	furious stormy outraged boiling ticked

<b>Distressed</b>			
abandoned blue depressed downhearted hopeless low overlooked tearful	alienated cast off desolate forlorn jilted miserable pathetic unhappy	alone defeated despondent forsaken left out mistreated rejected battered	dejected hurt glum lonely mournful sad
<b>Anxious</b>			
scared pressured fearful mistrustful agitated desperate jumpy	frightened vulnerable careful troubled alarmed swamped panicky	tense worried misgivings nervous apprehensive restless uncomfortable	obsessed alarmed strained afraid dread fidgety
<b>Critical</b>			
belittled humiliated scorned ostracized	censured diminished discredited minimized	disgraced worthless lampooned ridiculed	nothing rebuked shamed mocked
<b>Hostile</b>			
hateful mean arrogant ruthless bullying	destructive naughty horrible nasty revengeful	ugly deceitful angry harsh combative	wicked spiteful bad savage violent
<b>Inadequate</b>			
broken deficient feeble incapable powerless weak excluded	crippled demoralized fragile incompetent small vulnerable	defective impotent inadequate indefensible unimportant valueless	helpless disabled inept inferior useless exposed