Feeling Words Vocabulary*

Purpose: To clarify and broaden our feeling words vocabulary

Directions: Using the 48 feelings words below: (1) Separate them into four categories according to whether they are synonyms for MAD, GLAD, SAD, or SCARED; and (2) In each category rank the words by intensity of feelings from 1 -- High to 12 -- Low.

aggravated	elated	happy	miserable
agitated	encouraged	hate	panicky
annoyed	enthusiastic	helpless	peeved
apprehensive	enraged	hopeless	relieved
blue	forlorn	hostile	resentful
cheerful	frantic	hurt	tense
contented	frightened	incensed	terrified
dejected	frustrated	intimidated	timid
delighted	furious	irritated	uneasy
disappointed	gratified	joyful	unhappy
discouraged	grieving	jubilant	vulnerable
disgusted	gloomy	love	worried

MAD	GLAD	SAD	SCARED

* This technique is derived from "Differential Affect Training" first described by Pope, A.W., McHale, S.M., & Craighead, W.E. (1988). *Self-esteem enhancement with children and adolescents.* Boston: Allyn & Bacon.