

Pay greater attention to what you're feeling. Some common feelings that people have but often fail to identify include:

Forgotten	Intimidated	Panic		
Frantic	Isolated	Panicked		
Frustrated	Jealousy	Patience		
Frightened	Jealous	Peaceful	Abandoned	Calm
Free	Joy	Persecuted	Adamant	Carefree
Full	Joyous	Petrified	Affection	Caring
Funny	Jumpy	Pity	Afraid	Capable
Furious		Pitiful	Agony	Centered
	Kind	Playful	Agreeable	Challenged
Generous	Kindness	Pleasant	Alert	Charmed
Giving		Pleased	Alone	Cheated
Glad	Lazy	Powerful	Ambivalence	Cheerful
Gratified	Lecherous	Pressured	Anger	Cherished
Greedy	Left out	Pretty	Animated	Combative
Grief	Light	Proud	Annoyed	Competitive
Grounded	Lively		Anxious	Condemned
Guilty	Lonely	Quarrelsome	Appreciated	Confident
Gullible	Longing	Quiet	Appreciative	Confused
	Loose		Apprehensive	Conspicuous
Happy	Love	Radiant	Argumentative	Content
Hate	Lovable	Rage	Awed	Cozy
Hateful	Loving	Rapture	Awful	Crazy
Healthy	Low	Real		Crushed
Heavenly	Lust	Refreshed		Cruel
Helpful		Rejected	Beautiful	
Helpless	Mad	Relaxed	Betrayed	Defeated
High	Mean	Remorse	Bitter	Delighted
Homesick	Melancholy	Resentful	Blissful	Desire
Honored	Miserable	Resentful	Blue	Desirable
Horrible	Mistreated	Responsible	Bold	Despair
Humorous	Mystical	Responsive	Bored	Destructive
		Restless	Brave	Determined
Impatient	Naughty	Reverent	Bright	Different
Impressed	Neglected	Rewarding	Brilliant	Diffident
Inadequate	Nervous	Righteous	Bubbly	Diminished
Infatuated	Nutty		Burdened	Disagreeable
Infuriated		Sad		
Inspired	Obnoxious	Sassy		
Insignificant	Obsessed	Sated	Scared	Stingy
Integrated	Odd	Satisfied	Secure	Strange
			Selfish	Stress
			Self-assured	Stressed
			Serene	Strong
			Shocked	Stunned
			Silly	Stupefied
			Skeptical	Stupid
			Sleepy	Suffering
			Sneaky	Suppressed
			Solemn	Surprised
			Sorrow	Sympathetic
			Sorrowful	
			Sorry	Talkative
			Spiritual	Teary/Tearful
			Spiteful	Tempted
			Spontaneous	Tenacious
			Spunky	Tenuous
			Stable	Tense
			Startled	Tentative
				Terrible
				Terrified
				Threatened
				Thrilled
				Tired
				Used
				United
				Vibrant
				Victorious
				Vile
				Vital
				Warlike
				Weak
				Worried
				Zapped
				Zesty