

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

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