

Engaging our emotions in prayer: PRACTICE

Feeling Words List

| Happy | Sad | Angry | Scared | Confused |
|--------------|---------------|-------------|---------------|---------------|
| Admired | Alienated | Abused | Afraid | Ambivalent |
| Alive | Ashamed | Aggravated | Alarmed | Awkward |
| Appreciated | Burdened | Agitated | Anxious | Baffled |
| Assured | Condemned | Anguished | Appalled | Bewildered |
| Cheerful | Crushed | Annoyed | Apprehensive | Bothered |
| Confident | Defeated | Betrayed | Awed | Constricted |
| Content | Dejected | Cheated | Concerned | Directionless |
| Delighted | Demoralized | Coerced | Defensive | Disorganized |
| Determined | Depressed | Controlled | Desperate | Distracted |
| Ecstatic | Deserted | Deceived | Doubtful | Doubtful |
| Elated | Despised | Disgusted | Fearful | Flustered |
| Encouraged | Devastated | Dismayed | Frantic | Foggy |
| Energized | Disappointed | Displeased | Full of dread | Hesitant |
| Enthusiastic | Discarded | Dominated | Guarded | Immobilized |
| Excited | Discouraged | Enraged | Horrified | Misunderstood |
| Exuberant | Disgraced | Exasperated | Impatient | Perplexed |
| Flattered | Disheartened | Exploited | Insecure | Puzzled |
| Fortunate | Disillusioned | Frustrated | Intimidated | Stagnant |
| Fulfilled | Dismal | Fuming | Nervous | Surprised |
| Glad | Distant | Furious | Overwhelmed | Torn |
| Good | Distraught | Harassed | Panicky | Trapped |
| Grateful | Distressed | Hateful | Perplexed | Troubled |
| Gratified | Drained | Hostile | Petrified | Uncertain |
| Hopeful | Empty | Humiliated | Reluctant | Uncomfortable |
| Joyful | Exhausted | Incensed | Shaken | Undecided |

SAD
MAD
GLAD
REJOICE

