

RECOVERY—FEELINGS LIST

MAD	SAD	HAPPY		SCARED
Angry	Ashamed	Cheerful	Liked	Afraid
Annoyed	Depressed	Calm	Serene	Uncertain
Disgusted	Discouraged	Comfortable	Playful	Unsafe
Distraught	Guilty	Confident	Fascinated	Insecure
Frustrated	Helpless	Fulfilled	Inspired	Unaccepted
Jealous	Hurt	Encouraged	Peaceful	Concerned
Offended	Bored	Excited	Enthralled	Anxious
Resentful	Lonely	Loving	Intrigued	Nervous
Humiliated	Regretful	Overjoyed	Proud	Terrified
Ambivalent	Sickened	Blissful	Rested	Tense
Betrayed	Exhausted	Ecstatic	Reflective	Shocked
Embarrassed	Uncomfortable	Passionate	Humorous	Worried
	Grief	Pleased	Lovable	Overwhelmed
	Weary	Relieved	Likeable	Distrustful
	Devastated	Satisfied	Grateful	Inadequate
	Shame	Content	Introspective	Threatened
	Disappointed	Joyful	Secure	Jealous
	Neglected	Loved	Thoughtful	
	Insignificant	Pleasure	Tenacious	
	Invisible	Hopeful	Incorporated	
	Burned out	Trusting	Relaxed	
	Looked down on	Trusted	Rejuvenated	
	Bored	Safe	Successful	
		Accepted		