

## Bad Feelings

When we feel bad, we may have one (or more) of these 80 negative feelings.

D	I	S	C	O	N	T	E	N	T	M	E	N	T	E	O	R	E	D	N	S	E	R	U	O	S	M
E	I	R	Y	L	O	H	C	N	A	L	E	M	I	G	S	T	E	S	O	S	N	O	I	I	S	S
I	L	A	R	S	R	O	E	O	P	G	O	I	B	H	N	T	D	U	I	Y	I	R	C	E	E	A
S	I	N	B	I	E	M	N	I	A	P	E	N	H	A	A	S	A	S	C	N	V	K	E	E	N	T
S	D	S	E	E	T	S	B	T	T	F	R	S	E	E	R	R	I	P	I	U	N	N	E	G	B	I
E	S	R	O	N	A	A	I	A	H	S	I	E	H	L	L	R	T	E	P	E	L	R	E	I	M	D
N	O	E	E	S	O	V	B	D	Y	G	G	C	S	U	I	P	A	N	S	R	E	R	S	A	U	B
D	E	S	P	A	I	R	A	I	T	L	I	U	G	N	S	N	L	S	U	F	F	E	R	I	N	G
E	E	H	E	T	D	A	E	P	L	I	T	R	O	S	U	S	E	E	S	S	R	V	O	O	L	N
R	T	P	Y	S	Y	T	S	E	P	I	T	I	F	U	L	N	E	S	S	M	E	U	M	V	N	I
I	A	T	R	S	A	D	E	R	T	R	T	T	N	L	S	S	E	N	S	S	E	L	E	P	O	H
T	G	S	N	E	N	O	L	T	O	A	E	Y	D	U	L	N	T	I	I	Y	N	N	R	E	I	T
R	V	E	R	N	S	A	F	E	N	E	S	H	O	C	K	S	S	T	T	P	G	E	T	H	T	A
U	A	H	T	D	Y	S	P	G	S	G	O	V	E	C	G	S	A	T	R	E	P	R	S	A	A	O
H	T	T	S	A	N	X	I	E	T	Y	R	S	I	N	L	I	O	N	F	L	S	A	N	S	R	L
G	A	S	R	S	I	D	T	O	G	E	T	S	A	T	S	I	D	U	Y	M	P	B	H	N	T	A
E	U	T	A	N	N	O	Y	A	N	C	E	N	S	T	S	I	L	E	E	Y	A	I	T	N	S	S
G	E	G	R	I	E	F	E	F	I	M	I	Y	A	E	S	N	O	I	T	A	I	L	I	M	U	H
B	P	C	E	E	S	A	A	D	O	M	E	I	G	G	E	U	M	N	U	A	A	I	S	P	R	N
N	H	R	N	N	D	E	R	H	O	R	O	J	U	S	N	G	S	O	G	S	W	T	O	H	F	A
T	A	N	S	E	L	F	I	S	H	N	E	S	S	E	R	T	S	I	D	M	O	Y	I	O	C	O
T	E	L	E	I	I	E	I	I	A	A	T	B	S	W	E	A	T	S	E	E	R	R	D	B	S	C
Y	I	R	W	L	I	T	S	R	L	G	S	T	O	R	T	A	E	U	E	Y	R	E	S	I	M	I
G	G	G	G	I	Y	I	A	O	A	N	L	Y	R	D	T	I	D	F	G	N	Y	O	N	A	P	O
M	T	F	E	E	R	P	U	P	R	C	A	O	R	I	I	S	R	N	A	N	Y	C	B	A	E	S
F	A	L	I	N	R	S	H	A	M	E	R	A	O	M	B	N	R	O	R	R	O	H	N	S	S	S
T	E	N	N	H	Y	S	T	E	R	I	A	N	W	M	I	U	G	C	T	M	B	E	S	I	I	N

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AGITATION	FRUSTRATION	PHOBIA
ALARM	GLOOM	PITIFULNESS
ANGER	GREED	RAGE
ANGST	GRIEF	REGRET
ANIMOSITY	GUILT	REMORSE
ANNOYANCE	HATRED	RESENTMENT
ANXIETY	HELPLESSNESS	SADNESS
APATHY	HOMESICKNESS	SELF-PITY
APPREHENSION	HOPELESSNESS	SELFISHNESS
BETRAYAL	HORROR	SHAME
BITTERNESS	HUMILIATION	SHOCK
BOREDOM	HURT	SHYNESS
CHEATED	HYSTERIA	SICKNESS
CONFUSION	IMPATIENCE	SORROW
DEPRESSION	INDIGNATION	SPITE
DESPAIR	INSECURITY	SUFFERING
DISCONTENTMENT	IRRITABILITY	SUSPENSE
DISGUST	JEALOUSY	SUSPICION
DISTASTE	LOATHING	TERROR
DISTRESS	LONELINESS	THREAT
DREAD	MELANCHOLY	TIREDNESS
EMBARRASSMENT	MISERY	TREPIDATION
ENNUI	NEGATIVITY	UNHAPPINESS
ENVY	NERVOUSNESS	VENGEFULNESS
FEAR	NUMBNESS	VULNERABILITY
FOREBODING	PAIN	WORRY
FRIGHT	PARANOIA	