

## ***A Word List of Feelings Related to Conflict, Misunderstandings and Hurt Relationships***

People have many diverse feelings. Often it is difficult to name a feeling. The following list of words may help identify the feelings we may have when faced with a difficult conversation.

aggravated	aggressive	alienated	alone	ambivalent
angry	annoyed	anxious	ashamed	awkward
bitter	bored	cautious	confused	contempt
defeated	depressed	despair	diminished	disappointed
discouraged	disgraced	disgusted	disillusioned	Disliked
dissatisfied	distressed	dominated	disillusioned	doubtful
embarrassed	empty	enraged	fatigued	fearful
forced	frustrated	grief-stricken	grumpy	guilt
hateful	helpless	hesitant	Hopeless	Horried
hostile	humiliated	hurt	incapable	incensed
indecisive	Indifferent	indignant	inferior	infuriated
insecure	insulting	irritated	isolated	lonely
lost	melancholy	miserable	neglected n	nervous
numb	overwhelmed	panicked	paralyzed	pathetic
perplexed	pessimistic	powerless	provoked	regretful
rejected	resentful	revulsion	sad	scornful
shamed	skeptical	shocked	shy	silly
sorrow	spiteful	stunned	suspicious	terrible
tense	uncertain	uncomfortable	uneasy	upset
useless	vengeful	vulnerable	weary	worried