










How am I Feeling chart v1

Name _____ Date _____

What Do Your Characters Feel? Feelings & Emotions Synonyms

 Happy	 Sad	 Angry	 Sick	 Afraid	 Tired	 Confused	 Hurt	 Surprised
Joyful	Unhappy	Irate	Ailing	Scared	Exhausted	Dazed	Injured	Startled
Ecstatic	Morose	Enraged	Ill	Fearful	Drained	Addled	Battered	Amazed
Cheerful	Depressed	Furious	Indisposed	Shaken	Fatigued	Perplexed	Sore	Stunned
Upbeat	Gloomy	Upset	Frail	Frightened	Sleepy	Puzzled	Suffering	Blown away
Delighted	Somber	Agitated	Infirm	Anxious	Drooping	Distracted	Tortured	Astonished
Content	Glum	Grouchy	Nauseated	Terrified	Wilting	Perturbed	Marred	Shocked
Thrilled	Bitter	Annoyed	Unhealthy	Petrified	Draggard	Baffled	Harmed	Alarmed
Jubilant	Dismal	Bitter	Queasy	Startled	Spent	Bewildered	Bruised	Shattered
Elated	Doleful	Frustrated	Rotten	Aghast	Wasting	Muddled	Damaged	Staggered
Glad	Dejected	Cross	Terrible	Panicked	Drowsy	Befuddled	Disfigured	Impressed
Blissful	Wistful	Fuming	Lousy	Horrorified	Faint	Stumped	Pained	Stunned
Pleased	Blue	Incensed	Feeble	Jittery	Beat	Flummoxed	Scarred	Dazzled
Amused	Mournful	Nettled		Spineless	Overtaxed	Distracted	Aching	Rattled
Jovial	Despondent	Raging	Disgusted	Tremulous	Worn out	Mystified	Mauled	
Overjoyed	Down	Inflamed	Appalled	Intimidated	Listless	Stupified		
Gleeful	Miserable	Vexed	Repulsed	Uneasy	Bedraggled	Flustered	Offended	
Exultant	Pitiful	Turbulent	Grossed out	Skittish	Tuckered	Floored	Indignant	
	Pathetic	Irascible	Revolted	Alarmed	Burned out	Confounded	Resentful	
			Abhorred	Spooked	Languid		Disturbed	
			Scandalized				Distressed	