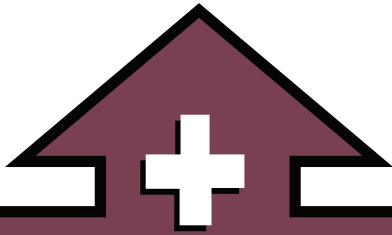




B2K Practice Points

The ABCs of Feeling Words



absorbed, accepted, affectionate, agreeable
amazed, astonished, aware
blessed, blissful, bold, brave, bright, bubbly
calm, capable, caring, cheerful
comfortable, confident, content, cooperative
cozy, creative, curious
daring, delightful, determined, dynamic
encouraged, energetic, enjoying, excited
fantastic, fascinated, focused, free, friendly
gentle, generous, giddy, glad, glee, good
great, grateful
happy, hardy, healthy, helpful, heroic
honored, hopeful, humane, humble
important, independent, inspired, interested
jolly, joyful, jubilant, justified
keen, kind, knightly, knowledgable
liberated, like, loved
magical, merry, merciful, motivated
needed, nice, nimble, nourished
open-minded, optimistic
passionate, peaceful, playful, pleased
pleasant, proud
quiet, quirky, qualified, quizzical
reassured, relaxed, relieved, respected
safe, satisfied, secure, sensitive, sorry
strong, surprised, sympathetic
tender, thankful, thoughtful, thrilled
unafraid, unique, united, upbeat
validated, vibrant, victorious, vital
weird, well, witty, wonderful, worthy

afraid, aggressive, alarmed, alone, annoyed
anxious, ashamed, awful
bad, bitter, blue, bored
clumsy, concerned, confused, controlled
cross, cruel
dependent, depressed, disappointed
discouraged, disconnected, disgusted
doubtful, dread, dumb
embarrassed, empty, exhausted
fearful, fed-up, frustrated, fuming, furious
gloomy, grieved, grouchy, grumpy, guilty
hate, heartbroken, hectic, homesick, hopeless
horrible, hostile, hurt
ignored, impatient, impulsive, inadequate
incompetent, insecure, isolated, insulted
jealous, jilted, jittery
kept, kept out
lethargic, lonely, lost, lousy
mad, mean, miserable, missed, mournful
needy, nervous, nosy, numb
offended, offensive, overwhelmed
painful, pathetic, petrified, pessimistic
quarrelsome, queasy, quick-tempered
rebellious, rejected, resentful, restless
sad, serious, scared, shaken, shame, shock
sorrowful, startled, stuck, stubborn
tense, terrible, timid, tired, troubled
uncomfortable, uneasy, unhappy
upset, unmotivated, unlovable, unpleasant
unsure, vengeful, violent, void, vulnerable
wary, withdrawn, weary, weak, woeful
worked-up, worried

