

Seduction and Romantic Dinner: *Feeling Words*

Sometimes it's hard to explain exactly how you feel. This handy vocabulary LIST helps you narrow down exactly what word best expresses your current emotional state. You might consider, how your ideal self would be compared to your present self

1. **Angry:** Aggravated, annoyed, defiant, disgusted, enraged, exasperated, frustrated, furious, hateful, hostile, indignant, infuriated, mad, obstinate, outraged, perturbed, peeved, pissed off rebellious, seething, spiteful, upset, vengeful.
2. **Ashamed:** Apologetic, embarrassed, foolish, guilty, humble, idiotic, mortified, regretful, remorseful, shameful, worthless.
3. **Confident:** Bold, capable, centered, eager, energetic, focused, grounded, hopeful, inspired, keen, optimistic, powerful, productive, strong, sure, trusting.
4. **Confused:** Baffled, befuddled, bewildered, disoriented, flustered, perplexed, puzzled, scattered, troubled, unfocused.
5. **Happy:** Amused, cheerful, delighted, ecstatic, elated, excited, exuberant, gleeful, high, joyful, mischievous.
6. **Hurt:** Abandoned, abused, attacked, belittled, bitter, cheated, disappointed, dismayed, grieving, gypped, humiliated, mournful, sorrowful, rejected, resentful.
7. **Loving:** Affectionate, aroused, caring, devoted, intimate, tender, warm.
8. **Sad:** Despondent, depressed, dismal, low, melancholy, miserable, unhappy, weepy
9. **Satisfied:** Adequate, content, mellow, peaceful, pleased.
10. **Scared:** Afraid, alarmed, fearful, frightened, horrified, hysterical, insecure, intimidated, nervous, panicky, petrified, terrified, threatened, vulnerable.

11. **Surprised:** Aghast, amazed, astonished, astounded, incredulous, shocked, startled.
12. **Thankful:** Appreciative, grateful, gratified, indebted, obliged, relieved.
13. **Thoughtful:** Challenged, curious, illuminated, informed, interested, pensive, reflective.
14. **Uncertain:** Cynical, doubtful, dubious, distrustful, hesitant, indecisive, pessimistic, skeptical, suspicious, unsure, unsettled.
15. **Uncaring:** Ambivalent, apathetic, bored, busy, detached, exhausted, indifferent, lethargic, lazy, tired, unmotivated, nonchalant, occupied, selfish, unconcerned.
16. **Wanting:** Empty, envious, homesick, hungry, ignored, jealous, lonely, longing, lustful.
17. **Weak:** Inadequate, burdened, controlled, despairing, discouraged, helpless, hopeless, impotent, inhibited, lost, passive, powerless, restricted, suicidal.
18. **Worried:** Agitated, restless, tense, uneasy, unsettled.