

# Feeling Finder - Track your range of reactions

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## Loving Words

altruistic  
joyful  
passionate  
compassionate  
loving or loved  
harmonizing  
affectionate  
appreciated  
kind  
friendly  
empathetic  
faithful  
happy  
pleased  
sympathetic  
cooperative  
sensitive  
accepting  
**uncaring**  
insensitive  
numb  
shy  
disconnected  
moody  
lonely  
gloomy  
embarrassed  
grief  
reactionary  
sorry  
ashamed  
unappreciated  
dejected  
insecure  
possessive  
resistant  
sad  
selfish  
miserable  
unforgiving  
unhappy  
rejected  
hateful  
depressed  
desperate  
jealous  
obsessed  
hopeless  
cruel  
self-hatred  
paranoid  
fearful  
terrified

## Wisdom Words

serene  
peaceful  
idealistic  
visionary  
intuitive  
inspired  
creative  
imaginative  
grateful  
accomplished  
adaptable  
calm  
tolerant  
intelligent  
worthy  
agreeable  
curious  
understanding  
introspective  
moral  
logical  
practical  
**mediocre**  
absorbed  
passive  
concerned  
annoyed  
judged  
anxious  
bored  
instinctive  
egotistical  
righteous  
frustrated  
impulsive  
judgmental  
nervous  
preoccupied  
chaotic  
complaining  
confused  
guilty  
negative  
procrastinating  
resigned  
resentful  
distrustful  
ignorant  
intolerant  
ridiculous  
self-pity  
self-sabotage  
lost

## Power Words

authentic  
in service  
powerful  
purposeful  
confident  
courageous  
humble  
empowered  
expressive  
helpful  
responsible  
willful  
proud  
superior  
committed  
excited  
respectful  
secure  
**indifferent**  
unmotivated  
lazy  
annoyed  
controlled  
vulnerable  
competitive  
demanding  
controlling  
conflicted  
envious  
discouraged  
disrespectful  
hesitant, timid  
stubborn  
greedy  
manipulated  
dominated  
can't say no  
impatient  
impulsive  
aggressive  
arrogant  
disgusted  
dominating  
destructive  
irresponsible  
manipulative  
martyred  
bullied  
vengeful, abusive  
angry  
victimized  
ruthless, violent  
self-destructive



## How to use this list:

Invite your intuition, your higher knowing, to help you identify what you are feeling.

1. Ask yourself, "What am I feeling now?" Then quickly scan the list and check off any words that grab your attention in some way. If you are open and receptive, you will resonate with your right choice.

2. If you check many words, then logically pick out the top 3 to 5 words and prioritize them for further exploration.

Deeper understanding of emotions directs you closer to the cause and cure of situations. [Click here for more details on how to use the Feeling Finder.](#)