



Feel ~ Reveal ~ Heal

by Sandra Casciato



Abandoned
Accepted
Affectionate
Afraid
Agitated
Aggravated
Aggressive
Alarmed
Alone
Amazed
Amused
Angry
Anguished
Annihilated
Annoyed
Anxious
Apathetic
Apprehensive
Arrogant
Ashamed
Astonished
Aware
Awe
Awful
Bad
Belittled
Belligerent
Betrayed
Bewildered
Bitter
Blamed
Blessed
Blue
Bored
Brave
Broken
Burdened
Calm
Capable
Cautious
Cheap
Childish
Concerned
Condemned
Confused
Choking
Cold
Confident



Confined
Confused
Constricted
Content
Controlled
Controlling
Cornered
Corrupt
Courageous
Cowardly
Cranky
Crazy
Creative
Criminal
Critical
Curious
Cursed
Damaged
Damned
Deceived
Deceitful
Defeated
Defenseless
Defensive
Defiant
Deified
Dejected
Delighted
Denied
Depleted
Depraved
Depressed
Deprived
Deserted
Desolate
Desperate
Despised
Despondent
Determined
Devalued
Devastated
Dignified
Disappointed
Disapproved
Discarded
Disconnected
Discouraged
Disgraced



Disgusted
Disjointed
Disloyal
Dismayed
Dispair
Displaced
Disrespected
Dissed
Distant
Distracted
Distressed
Doomed
Down
Drained
Dreadful
Doubtful
Dying
Ecstatic
Elated
Embarrassed
Empowered
Enchanted
Encouraged
Energetic
Enraged
Entangled
Envious
Evil
Exasperated
Excited
Excluded
Exhausted
Exhilarated
Exposed
Failure
Faithful
Fake
Fatigued
Fearful
Flawed
Filthy
Focused
Foolish
Forgotten
Forsaken
Fragile
Frail
Frightened



Frustrated
Furious
Gentle
Glad
Gloomy
Grateful
Grief-stricken
Grieving
Gross
Crouchy
Crumpy
Guilty
Cullible
Happy
Hatred
Haunted
Heartbroken
Helpless
Hesitant
Hopeful
Hopeless
Horrific
Hostile
Humiliated
Hurt
Hysterical
Ignored
Imbalanced
Impaired
Impatient
Impotent
Improper
Inadequate
Incensed
Incompetent
Incredulous
Indecisive
Indecent
Indifferent
Indignant
Inept Inferior
Infuriated
Inhibited
Inquisitive
Impressed
Insane
Insecure



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Insignificant
Insufficient
Insulted
Intense
Intimidated
Irate
Irritated
Isolated
Jaded
Jealous
Joyful
Judged
Judgmental
Lazy
Left out
Lewd
Little
Livid
Loathsome
Lonely
Loser
Lost
Mad
Manic
Manipulated
Melancholy
Miserable
Mistake
Mistreated
Misunderstood
Motivated
Murderous
Mystified
Nasty
Neglected
Nervous
Numb
Obnoxious
Offended
Offensive
On-guard
Oppressed
Optimistic
Orphaned
Ostracized
Outraged
Overpowered
Overwhelmed



Outcast
Outsider
Out of control
Overwhelmed
Paranoid
Pathetic
Panic
Passionate
Peaceful
Perplexed
Persecuted
Perverved
Pessimistic
Petrified
Petty
Phony
Pleased
Powerful
Powerless
Pressured
Proud
Puzzled
Rage
Reassured
Regretful
Rejected
Relaxed
Relief
Relieved
Remorseful
Repugnant
Repulsive
Resentful
Reserved
Resistant
Revengeful
Ruined
Sabotaged
Sad
Safe
Satisfied
Scorned
Self-conscious
Selfish
Sensitive
Scared
Scolded
Screwed up



Second-class
Secure
Serene
Shame
Shameful
Shameless
Shocked
Shunned
Shut out
Shy
Sick
Skeptical
Sickening
Silenced
Silly
Sinful
Sleazy
Sleepy
Slighted
Slutty
Sorrowful
Spiteful
Squashed
Stoic
Stressed
Stretched
Strife
Strong
Stunned
Stupid
Suicidal
Suppressed
Superficial
Surprised
Suspicious
Tainted
Tarnished
Tense
Terrified
Threatened
Thrilled
Tired
Tormented
Torn
Triumphant
Trapped
Trash



Ugly
Unacceptable
Unappreciated
Uncared for
Unclean
Uncomfortable
Undecided
Uneasy
Unfair
Unfit
Unheard
Unlovable
Unloved
Unlucky
Unsafe
Unstable
Unsteady
Unsuitable
Unsure
Unwanted
Unworthy
Uptight
Upset
Used
Useless
Vacant
Valued
Valueless
Vengeful
Victimized
Vindictive
Violated
Violent
Void
Volatile
Vulgar
Vulnerable
Wasted
Weak
Weepy
Withdrawn
Worried
Worthless
Wrong
Yucky