

ANGRY Aggravated Agitated Annoyed Aroused Bitter Cross Disgusted **Furious** Hostile Hot Irate Horrified Mad Mean Exhasperated Irked Uptight

Vexed

Displeased

Disturbed

Frustrated

Irritated

Nettled

Upset

Embittered

Resentful



UNSURE

Anxious Confused Bewildered Hesitant Uncomfortable Perplexed Puzzled Wistful Reluctant Sensitive



SCARED

Afraid Alarmed Apprehensive Disquieted Frightened Leery Nervous Panicky Scared Shocked Startled



INDIFFERENT

Bored Blasé Cool Detached Disaffected Aloof Apathetic Blah



GUILTY

Ashamed Embarrassed Sorry



TIRED

Beat Lazy Dull Exhausted Fatiqued Heavy Humdrum Lethargic Listless Numb



Overwhelmed



SAD

Anguished

Blue

Unhappy

Brokenhearted

Dejected

Depressed

Despairing

Despondent

Discouraged

Disheartened

Downcast

Downhearted

Forlorn

Gloomy

Helpless

Horrible

Hurt

Miserable

Mopey

Morose

Mournful

Pessimistic

Sorrowful

Unhappy

Woeful

Wretched

Passive



FRUSTRATED

Disgruntled Chagrined Concerned Dismayed Disappointed Distressed Disenchanted Troubled



STRESSED

Harried **Impatient** Edgy Fidgety Restless Shaky **Jittery**

OTHER WORDS FOR ELING BAD ©Beth Proudfoot, MFT, www.bethproudfoot.com

OR? Lonely Repelled Jealous

Skeptical Suspicious