

**Angry**

aggressive  
agitated  
annoyed  
antagonistic  
bitter  
cross  
displeased  
enraged  
exasperated  
furious  
hostile  
incensed  
indignant  
irritated  
mad  
provoked  
resentful  
upset

**Depressed**

ashamed  
blue' defeated  
desperate  
disappointed  
discouraged  
dissatisfied  
down  
exhausted  
gloomy  
guilty  
helpless  
hopeless  
miserable  
powerless  
regretful  
sad  
unhappy  
vulnerable  
weak

**Confused**

bewildered  
disillusioned  
disoriented  
distrustful  
doubtful  
dumbfounded  
embarrassed  
hesitant  
lost  
mistaken  
mixed up  
perplexed  
pessimistic  
shy  
skeptical  
tense  
uncertain  
uneasy  
unsure  
upset

**Helpless**

burned out  
defeated  
distressed  
empty  
fatigued  
frustrated  
hesitant  
hopeless  
inadequate  
incapable  
inferior  
insecure  
lonely  
paralyzed  
rushed  
unimportant  
useless  
vulnerable  
weak  
worthless

**Indifferent**

aloof  
apathetic  
bored  
detached  
disinterested  
distant  
lifeless  
listless  
lukewarm  
neutral  
preoccupied  
reserved  
uncaring  
unconcerned  
unresponsive  
weary

**Afraid**

alarmed  
anxious  
apprehensive  
cautious  
disturbed  
doubtful  
edgy  
fearful  
frantic  
frightened  
hesitant  
intimidated  
nervous  
panicky  
restless  
scared  
suspicious  
terrified  
threatened  
worried

**Hurt**

alienated  
appalled  
bothered  
bruised  
crushed  
dejected  
deprived  
distressed  
disturbed  
heartbroken  
humiliated  
injured  
insulted  
offended  
rejected  
tormented  
tortured  
used  
wounded

**Sad**

anguish  
desperate  
disappointed  
discouraged  
disheartened  
dismayed  
dispirited  
downcast  
grieved  
heartsick  
hopeless  
let down  
lonely  
mournful  
pessimistic  
regretful  
sorrowful  
unfortunate  
unhappy