

List of “Uncomfortable” Feelings

How we’re likely to feel when something needs our attention

AFRAID

apprehensive
frightened
panicked
petrified
suspicious
terrified
wary
worried

ANNOYED

exasperated
frustrated
impatient
irritated

ANGRY

furious
indignant
outraged
resentful

AVERSION

appalled
contempt
disgusted
hate
horrified
repulsed

CONFUSED

ambivalent
hesitant
lost
perplexed
puzzled
torn

DISCONNECTED

apathetic
bored
cold
detached
distracted
numb
uninterested

DISQUIET

agitated
alarmed
discombobulated
disturbed
rattled
shocked
surprised
troubled
turbulent
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
guilty
mortified
self-conscious

FATIGUE

depleted
exhausted
lethargic
sleepy
weary

PAIN

agony
devastated
grief
heartbroken
hurt
lonely
miserable
remorseful

SAD

depressed
despair
disappointed
discouraged
hopeless
unhappy

TENSE

anxious
cranky
distressed
edgy
irritable
nervous
overwhelmed

VULNERABLE

fragile
helpless
insecure
sensitive
shaky

YEARNING

jealous
wistful