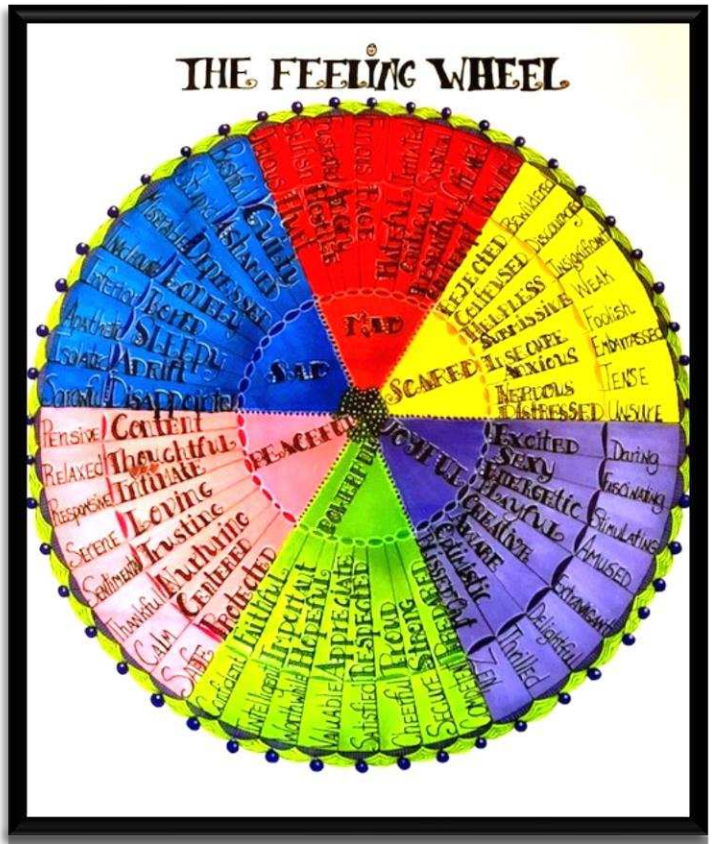
THE FEELING WHEEL
SAD
MAD
SCARED
JOYFUL
POWERFUL
PEACEFUL
LOVING
BAD
Guilty
Ashamed
Depressed
Lonely
Bored
Tired
Sleepy
Drowsy
Apathetic
Indifferent
Pensive
Sentimental
Nostalgic
Regretful
Grief-stricken
Despondent
Hurt
Embarrassed
Disappointed
Lost
Hateful
Critical
Skeptical
Indignant
Contempt
Revengeful
Furious
Jealous
Provoked
Hostile
Infuriated
Annoyed
Withdrawn
Numb
Bewildered
Perplexed
Discontinued
Disillusioned
Suspicious
Confused
Startled
Surprised
Shocked
Dismayed
Overwhelmed
Worried
Inadequate
Inferior
Worthless
Insignificant
Excluded
Persecuted
Weak
Resentful
Foolish
Bitter
Self-conscious
Embarrassed
Reluctant
Insecure
Anxious
Perplexed
Overwhelmed
Distressed
Tense
Unsure
Content
Relaxed
Thoughtful
Intimate
Responsive
Loving
Serene
Trusting
Soothing
Empathetic
Nurturing
Thankful
Centered
Reflective
Calm
Confident
Faithful
Safe
Important
Hopeful
Appreciated
Respected
Valuable
Proud
Satisfied
Cheerful
Sincere
Confident
Trusting
Accepted
Free
Excited
Sexy
Energetic
Playful
Creative
Artistic
Passionate
Inquisitive
Curious
Amazed
Confident
Daring
Liberated
Impulsive
Free
Stimulated
Amused
Ecstatic
Delighted
Thrilled
Blissful
Enthusiastic
Zestful
Energized
Surprised
Eager
Aroused