



Mind Body Spirit Life Coach

Coaching with Amanda Probst

FEELINGS LIST

Abrupt	Attached	Centered
Absorbed	Attacked	Certain
Accepting	Attacking	Cheerful
Aching	Attentive	Cheerless
Achy	Attracted	Childlike
Active	Authentic	Clear
Adaptable	Authoritative	Close
Adequate	Avoiding	Closed
Admiring	Aware	Cold
Affectionate	Awkward	Combative
Afflicted	Bad	Comfortable
Aggressive	Balanced	Communicative
Agitated	Beaming	Comparing
Agonized	Beautiful	Compassionate
Agoraphobic	Belittled	Complaining
Alarmed	Bitter	Complete
Alienated	Blessed	Composed
Allowing	Blindsided	Compulsive
Alone	Blissful	Condemning
Amazed	Blocked	Condescending
Amused	Blunt	Confident
Anguished	Blushing	Confounded
Animated	Bold	Connected
Annoyed	Bored	Conscientious
Antagonistic	Bossy	Considerate
Anxious	Brave	Constructive
Appalled	Bright	Content
Appreciative	Brutal	Contracted
Apprehensive	Bulldozed	Contrary
Approachable	Bullied	Controlling
Approving	Bummed out	Cooperative
Argumentative	Burdened	Courageous
Ashamed	Calm	Courteous
Assured	Carefree	Cowardly
At ease	Caring	Crabby



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FEELINGS LIST

Cranky	Disrespectful	Envious
Craving	Disrupted	Equal
Creative	Dissatisfied	Euphoric
Critical	Distant	Exasperated
Cross	Distracted	Excellent
Crushed	Distraught	Excited
Crying	Distressed	Exhilarated
Curious	Distrustful	Expansive
Cut off	Disturbed	Exuberant
Daring	Doomed	Fake
Defensive	Doubtful	Fascinated
Dejected	Down	Fatigued
Delighted	Downhearted	Faultfinding
Demanding	Drawn	Fearful
Deprived	Dreadful	Festive
Desolate	Dull	Fidgety
Despairing	Dynamic	Fine
Desperate	Eager	Flexible
Despicable	Earnest	Flowing
Despondent	Easy	Fluid
Devastated	Easygoing	Focused
Devoted	Ecstatic	Forgiving
Diminished	Efficient	Fragile
Dirty	Elated	Free
Disappointed	Embarrassed	Frenzied
Disconnected	Embracing	Friendly
Discontented	Empathetic	Frightened
Discouraged	Empty	Frisky
Disdainful	Encouraged	Frowning
Disgusted	Energetic	Frustrated
Disheartened	Energized	Fulfilled
Dishonest	Engrossed	Fun loving
Disillusioned	Enjoying	Funny
Dismayed	Enraged	Furious
Disoriented	Enthusiastic	Gentle



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FEELINGS LIST

Genuine	Honoring	Intent
Giving	Hopeful	Interested
Glad	Hopeless	Intimidated
Glaring	Hostile	Intolerant
Gleeful	Hotheaded	Intrigued
Gloomy	Humble	Invaded
Glorious	Humiliated	Involved
Glowing	Humor	Irate
Glum	Hungry	Irritated
Good	Hurtful	Jealous
Graceful	Immobile	Jittery
Gracious	Impatient	Jovial
Grateful	In good spirits	Joyous
Gratified	In heaven	Jubilant
Great	In hell	Judgmental
Grieved	In the zone	Keen
Groaning	Incapable	Kind
Grouchy	Incapacitated	Kindly
Grounded	Incensed	Laughing
Grumpy	Incompetent	Liberated
Guarded	Indecisive	Lifeless
Guilty	Indignant	Light
Haggard	Inept	Lighthearted
Happy go lucky	Inferior	Listening
Hard	Infuriated	Lonely
Hardy	Inhibited	Lost
Harmonious	Injured	Loud
Hateful	Innocent	Lousy
Healthy	Inquisitive	Loved
Heartbroken	Insecure	Low
Helpful	Insensitive	Mad
Hesitant	Inspired	Malicious
Hitting	Insulted	Manipulative
Honest	Insulting	Masochistic
Honored	Intelligent	Mature



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FEELINGS LIST

Mean	Oversensitive	Recoiling
Meanspirited	Overwhelmed	Reflective
Meditative	Pained	Rejected
Mellow	Panicked	Relaxed
Menaced	Paralyzed	Reliable
Miffed	Paranoid	Remorseful
Miserable	Passionate	Reprimanding
Misgiving	Pathetic	Repulsed
Moaning	Patient	Resentful
Moody	Perplexed	Reserved
Morose	Perseverant	Resistant
Motivated	Pessimistic	Resourceful
Mournful	Petrified	Respectful
Natural	Phobic	Responsible
Nauseated	Phony	Responsive
Negative	Placid	Rested
Neglectful	Playful	Restless
Nervous	Pleased	Retaliating
No energy	Poisonous	Revengeful
Noncontrolling	Powerless	Rigid
Nonjudgmental	Prejudiced	Robotic
Observant	Preoccupied	Rotten
Obsessive	Present	Rude
Off	Privileged	Sadistic
Offended	Productive	Sane
Offensive	Punishing	Sarcastic
Off kilter	Pushy	Satisfied
OK	Quarrelsome	Scared
On top of the world	Quiet	Scolding
Open minded	Radiant	Scornful
Optimistic	Ranting	Screaming
Out of sorts	Rapturous	Secretive
Outgoing	Reactive	Secure
Overbearing	Rebellious	Seething
Overjoyed	Receptive	Self castigating



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FEELINGS LIST

Self absorbed	Squirming	Thoughtful
Self affirming	Stable	Threatened
Self conscious	Steady	Thrilled
Self critical	Stern	Ticked off
Self denigrating	Stiff	Tickled
Self deprecating	Still	Tight
Self hating	Stilted	Timid
Self sufficient	Stonewalling	Tired
Sensitive	Stony	Tolerant
Serene	Stressed	Tormented
Serious	Stubborn	Tortured
Shaky	Stuck	Touched
Shallow	Suffering	Touchy
Sharing	Sulky	Trapped
Sharp	Sullen	Trembling
Short tempered	Sunny	Troubled
Shrill	Superior	Trusting
Shut down	Supported	Truthful
Shy	Supportive	Twitching
Sick	Sure	Unassuming
Sincere	Surprised	Unbending
Slighted	Suspicious	Unburdened
Slouching	Swearing	Uncaring
Slow	Sweet	Uncertain
Sluggish	Sympathetic	Uncomfortable
Slumped	Tactless	Understanding
Smiling	Taut	Uneasy
Smothered	Tearful	Unfair
Solid	Tenacious	Unhappy
Sorrowful	Tender	Unhurried
Sour	Tense	Uninterested
Spirited	Terrible	Unique
Spiteful	Terrified	Unpleasant
Spontaneous	Territorial	Unresponsive
Spunky	Thankful	Unsure



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FEELINGS LIST

Unwelcoming
Unworthy
Upbeat
Uplifted
Upset
Uptight
Useless
Venomous
Victimized
Vigorous
Vindictive
Violent
Vulnerable
Waiting
Warm
Wary
Weak
Weary
Welcoming
Withdrawn
Wonderful
Woozy
Worldly
Worried
Wronged
Yelling
Youthful