

Healthy & Mild Feelings	Unhealthy Feelings
aggravated or bothered	provoked or enraged
agitated	anxious, fearful, worried sick
annoyed	angry, bitter, furious, resentful
apprehensive, disquieted	anxious or excessively worried
concerned, uneasy	anxious or overly worried
disappointed	crushed, hurt, wounded
disenchanted	burned, down, offended
disillusioned	damaged, low, shot, tortured
displeased, dissatisfied	contemptuous, hatred, malice
discomforted, mildly disturbed	antagonistic, disgusted, mortified
doubtful, dubious	distressed or tormented
frustrated, unsatisfied	malicious, spiteful, vindictive
hassled, bothered	harassed, plagued, vexed
inconvenienced	stuck, thwarted, trapped
irritated, troubled	hostile, implacable, vengeful
regretful, repentant	shameful, ashamed, embarrassed
reluctant, circumspect, prudent	overly cautious, overly hesitant
remorseful, contrite, apologetic	convicted, guilty, wrong
sad, pensive, grieved	depressed, morose, pessimistic
surprised or amazed	appalled, dismayed, shocked
uncertain, unsure	indecisive, shaky, suspicious
uncomfortable, restless	insulted, offended, outraged
uneasy or perplexed	distraught, frightened, worried
For more information, please read <i>Stiffer</i> .	
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