

Name _____

Date _____

ZERO IN

To increase your “feeling” vocabulary, select ten words from each of the three Columns below. On the line next to the word, write one of the four feelings words (mad, glad, sad, scared) that you think matches that word.

_____ Anxious	_____ Angry	_____ Affectionate
_____ Appreciated	_____ Annoyed	_____ Embarrassed
_____ Ashamed	_____ Elated	_____ Hopeful
_____ Astonished	_____ Encouraged	_____ Hurtful
_____ Attacked	_____ Enthusiastic	_____ Ignored
_____ Belittled	_____ Envious	_____ Intimidated
_____ Betrayed	_____ Frantic	_____ Marvelous
_____ Blamed	_____ Frustrated	_____ Misunderstood
_____ Concerned	_____ Furious	_____ Naughty
_____ Confident	_____ Grateful	_____ Outraged
_____ Confused	_____ Guilty	_____ Overwhelmed
_____ Content	_____ Hateful	_____ Pleased
_____ Desperate	_____ Humbled	_____ Protected
_____ Disappointed	_____ Hysterical	_____ Put-down
_____ Discounted	_____ Important	_____ Rejected
_____ Discouraged	_____ Incensed	_____ Relieved
_____ Dissatisfied	_____ Indignant	_____ Ridiculous
_____ Disturbed	_____ Irritated	_____ Satisfied
_____ Isolated	_____ Jealous	_____ Surprised
_____ Joyful	_____ Patronized	_____ Suspicious
_____ Resentful	_____ Tempted	_____ Terrified
_____ Threatened	_____ Uncomfortable	_____ Understood
_____ Uncertain	_____ Wanted	_____ Unimportant
_____ Upset	_____ Worried	_____ Willing