How are you feeling?

33 feelings and what they mean. Find the word that fits.

Feelbits



Okay

Fine. Nothing much going on either way.



Meh

Flat and indifferent, neither good nor bad.



Bored

Nothing feels interesting or engaging right now.



Tired

Low on energy and in need of rest.



Exhausted

Completely drained, with nothing left in the tank.



Disappointed

Let down when something did not turn out as hoped.



Lonely

Wishing for closeness or company you do not have.



Guilty

Feeling bad about something you did or did not do.



Sad

Heavy and down because of a loss or something that hurt.



Anxious

Uneasy about something that might go wrong.



Stressed

Under pressure, with too much being asked of you.



Scared

Sensing danger and wanting to get away from it.



Overwhelmed

So much is going on that it feels like too much to handle.



Annoyed

Mildly bothered or irritated by something.



Frustrated

Blocked from something you want or are trying to do.



Angry

Heated displeasure at something that feels wrong or unfair.



Furious

Intensely angry, close to boiling over.



Curious

Wanting to explore, learn or find out more.



Motivated

Ready and willing to get things done.



Energetic

Full of physical get-up-and-go.



Excited

Buzzing with eager energy about something good.



Hopeful

Expecting that things can turn out well.



Confident

Trusting yourself to handle what comes.



Happy

Feeling good and glad about how things are going.



Proud

Pleased with something you or someone close to you did.



Content

Satisfied with things just as they are.



Connected

Close to and understood by other people.



Grateful

Thankful for something or someone in your life.



Loved

Cared for and valued by someone.



Relieved

A weight has lifted after worry or strain.



Relaxed

Loose and at ease in body and mind.



Calm

Settled and steady, without tension.



Peaceful

Quiet inside, with nothing pulling at you.

Feelbits: a free feelings tracker for iPhone.
Scan to get it. feelbits.app/feelings

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