

## Character Feelings

You can describe your character's feelings in more exact terms than just "happy" or "sad." Check these lists for the exact nuance to describe your character's intensity of feelings.

	HAPPY	SAD	ANGRY	CONFUSED
Intensity of Feelings				
High	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Delighted	Depressed Disappointed Alone Hurt Left out Dejected Hopeless Sorrowful Crushed	Furious Enraged Outraged Aggravated Irate Seething	Bewildered Trapped Troubled Desperate Lost
Medium	Cheerful Up Good Relieved Satisfied Contented	Heartbroken Down Upset Distressed Regret	Upset Mad Annoyed Frustrated Agitated Hot Disgusted	Disorganized Foggy Misplaced Disoriented Mixed up
Mild	Glad Content Satisfied Pleasant Fine Mellow Pleased	Unhappy Moody Blue Sorry Lost Bad Dissatisfied	Perturbed Uptight Dismayed Put out Irritated Touchy	Unsure Puzzled Bothered Uncomfortable Undecided Baffled Perplexed

	AFRAID	WEAK	STRONG	GUILTY
Intensity of Feelings	Terrified	Helpless	Powerful	Sorrowful
	Horrified	Hopeless	Aggressive	Remorseful
High	Scared stiff	Beat	Gung ho	Ashamed
	Petrified	Overwhelmed	Potent	Unworthy
	Fearful	Impotent	Super	Worthless
	Panicky	Small	Forceful	
		Exhausted	Proud	
		Drained	Determined	
Medium	Scared	Dependent	Energetic	Sorry
	Frightened	Incapable	Capable	Lowdown
	Threatened	Lifeless	Confident	Sneaky
	Insecure	Tired	Persuasive	
	Uneasy	Rundown	Sure	
	Shocked	Lazy		
		Insecure		
	Shy			
Mild	Apprehensive	Unsatisfied	Secure	Embarrassed
	Nervous	Under par	Durable	
	Worried	Shaky	Adequate	
	Timid	Unsure	Able	
	Unsure	Soft	Capable	
	Anxious	Lethargic		
		Inadequate		

<http://www.sff.net/people/julia.west/CALLIHOO/dtbb/feelings.htm/>

## Character Helps for Writing

### Character Moods or Emotions

Your character can be more than just "happy" or "sad." Check these lists for emotions that are stronger, more exact, or just plain more interesting than overused emotional tags. If you want to compare **intensity** of emotions, from high to mild, try this [feelings table](#).

**Happy:** festive, contented, relaxed, calm, complacent, satisfied, serene, comfortable, peaceful, optimistic, joyous, ecstatic, enthusiastic, inspired, glad, pleased, grateful, cheerful, excited, optimistic, lighthearted, carefree, playful, elated, jubilant, thrilled

**Sad:** depressed, low, dismal, dreary, dull, moody, sulky, defeated, pessimistic, hopeless, melancholy, somber, despairing, miserable

**Hurt:** offended, upset, disappointed, heartbroken, crushed

**Angry:** annoyed, irritated, cross, frustrated, grumpy, angry, provoked, offended, indignant, hostile, irate, furious, fuming, enraged

**Afraid:** fearful, frightened, timid, cautious, concerned, apprehensive, alarmed, nervous, anxious, worried, hesitant, threatened, scared, petrified, terrified

**Loving:** accepting, understanding, sharing, affectionate, close, warm, tender, passionate

**Interested:** eager, enthusiastic, intrigued, absorbed, excited, inquisitive, intent, earnest, fascinated, engrossed

**Confident:** calm, secure, independent, brave, loyal, courageous, strong, respected, empowered

**Doubtful:** uncertain, hesitant, indecisive, wavering, insecure, skeptical, dubious, suspicious, distrustful

**Shame:** uncomfortable, embarrassed, humiliated, dependent, weak

**Miscellaneous:** puzzled, confused, torn, jealous, envious, distant, evasive, stubborn, impulsive, cruel, preoccupied, bored, powerless, helpless, humble, shocked, uninformed, disregarded

**Physical Indicators of Strong Emotion:** tense, breathless, nauseated, fatigue, shaky, cold or hot, fast heartbeat, headaches, lack of appetite

<http://www.sff.net/people/julia.west/CALLIHOO/dtbb/emotions.htm>