

Feelings are the foundation of intimate communication.

By exchanging feelings through dialogue we are giving our personhood to our spouse so that we can experience moments of unity when we both experience the same feeling to the same degree.

The following is a list of some feeling words to help in writing your love letters.

Happy

delighted	transported	light-hearted	vivacious
joyful	enthusiastic	buoyant	brisk
festive	inspired	debonair	sparkling
contented	glad	bright	merry
complacent	beatific	free & easy	mirthful
satisfied	pleased	airy	hilarious
serene	blissful	exuberant	exhilarated
comfortable	cheerful	saucy	jovial
peaceful	genial	jaunty	jolly
tranquil	cheery	lively	playful
ecstatic	sunny	spirited	gleeful
rapturous	high-spirited	animated	frisky
elated	exultant	jubilant	

Sad

crestfallen	depressed	somber	oppressed
despondent	disconsolate	sulky	downhearted
disheartened	melancholy	joyless	flat
discouraged	out of sorts	spiritless	dull
low	heavy-hearted	dismal	gloomy
low spirited	discontented	dark	cheerless
ill at ease	glum	clouded	woeful
sorrowful	moody	frowning	woebegone
downcast	moping	mournful	dreary
dejected	sullen	dreadful	in the dumps
unhappy			

Angry

resentful	irritated	enraged	furious
annoyed	sullen	sulky	in a stew
inflamed	wrought up	bitter	up in arms
provoked	worked up	virulent	in a huff
incensed	indignant	acrimonious	turning
infuriated	irate	boiling	wrathful
offended			

Hurt

injured	suffering	victimized	tortured
offended	afflicted	heartbroken	piteous
grieved	worried	hapless	woeful
distressed	aching	in despair	rueful
in pain	crushed	agonized	mournful
sad	pathetic	tragic	

Afraid

fearful	tremulous	hysterical	upset
frightened	shaky	yellow	misgiving
in fear	apprehensive	alarmed	doubtful
timid	fidgety	shocked	suspicious
chicken	restful	horrified	hesitant
nervous	aghast	insecure	irresolute
diffident	terrified	anxious	awed
fainthearted	panicked	worried	dismayed
scared	quaking	threatened	appalled
trembling	cowardly	menaced	petrified

Interested

concerned	engrossed	excited	inquiring
affected	intrigued	curious	nosy
fascinated	absorbed	inquisitive	snoopy

Fearless

encouraged	brave	spirited	determined
courageous	daring	resolute	audacious
secure	gallant	stout hearted	dauntless
reassured	heroic	enterprising	certain
bold	self-reliant	hardy	

Doubtful

unbelieving	suspicious	questioning	perplexed
skeptical	dubious	wavering	indecisive
distrustful	uncertain	hesitant	

Eager

keen	ardent	enthusiastic	desirous
earnest	zealous	avid	
intent	anxious	hot-headed	