

FEELING WORDS

Why do we need to identify our feelings? Unpacking our emotions and sharing what they tell us about ourselves and others can feel uncomfortable or scary. Often we just struggle to find the words. But over time, and with people we trust, this process allows us to connect on a deeper, more human level with those around us. Feelings help us connect with ourselves, and others. Use this list to identify some feelings. Don't get stuck just looking at "Pleasant" or "Unpleasant" feelings alone. There's much to be learned by paying attention to both lists.

Pleasant Feelings	<u>Happy</u> Cheerful Delighted Glad, Elated Encouraged Grateful, Joyful Light-hearted Overjoyed Pleased Relieved Satisfied Thrilled Secure	<u>Loving</u> Cheerful Affectionate Cozy Passionate Romantic Sexy Warm Tender Responsive Thankful Appreciative Refreshed	<u>High Energy</u> Enthusiastic Excited Playful Rejuvenated Talkative Pumped Motivated Driven Determined Obsessed	<u>Amazed</u> Stunned Surprised Shocked Jolted	<u>Anxious</u> Uneasy Embarrassed Frustrated Nauseated Ashamed Nervous Restless Worried Stressed	<u>Confident</u> Positive Secure Self-assured Assertive	<u>Peaceful</u> At ease Calm Comforted Cool Relaxed Serene	<u>Interested</u> Concerned Affected Fascinated Intrigued Absorbed Inquisitive Nosy Snoopy Engrossed
	Unpleasant Feelings	<u>Afraid</u> Scared Anxious Apprehensive Boxed in Burdened Confused Distressed Fearful Frightened Guarded Overwhelmed Panicky Paralyzed Tense Terrified	<u>Traumatized</u> Shocked Disturbed Injured Damaged	<u>Angry</u> Shocked Annoyed Controlled Manipulated Furious Grouchy Grumpy Irritated Provoked Frustrated	<u>Low Energy</u> Beaten down Exhausted Tired Weak Listless Depressed Detached Withdrawn Indifferent Apathetic	<u>Alone</u> Avoidant Lonely Abandoned Deserted Forlorn Isolated Cut off Detached Insecure	<u>Sad</u> Unhappy Crushed Dejected Depressed Desperate Despondent Grieved Heartbroken Heavy Weepy	<u>Betrayed</u> Deceived Fooled Duped Tricked Guilty Mortified Humiliated Embarrassed Exposed