

FEELING WORD
VOCABULARY

E N E R G I S I N G . C O A S
S L A O S
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Instructions

Parents will often ask their kids to express themselves with words—"Use your words!" is a common playground refrain—but it's not always easy...even for adults.

What do you do when you need to quickly clarify what you are feeling, or what your emotions are? Your partner asks "How are you feeling?" or you just want to check in with yourself, to get some clarity and do a "gut check"?

Figuring out exactly what you are feeling helps better understand the subtlety of emotions and how words like "happy" and "elated" or "indifferent" and "disinterested" differ.

THE TWO WAYS TO USE A FEELINGS LIST

There are two broad ways to use a feelings vocabulary list. You can use it retrospectively to describe emotions you are feeling now or have felt in the past (even long ago), to get clear on these feelings and to put them into words. You can also use a feelings vocabulary list in a proactive, future-focused way to identify the feelings you would like to have, and to foster or grow in your life.

Feeling Word Vocabulary

LEVEL OF INTENSITY: STRONG

HAPPY	SAD	ANGRY	SCARED	CONFUSED
Excited	Hopeless	Furious	Fearful	Confused
Elated	Sorrowful	Seething	Panicky	Trapped
Exuberant	Depressed	Enraged	Afraid	Troubled
Ecstatic	Wounded	Hostile	Shocked	Demobilized
Terrific	Hurt	Vengeful	Overwhelmed	Stagnant
Alive	Drained	Incensed	Startled	Ambivalent
Energized	Defeated	Abused	Intimidated	
Enthusiastic	Exhausted	Hateful	Desperate	
Loved	Helpless	Humiliated	Frantic	
	Crushed	Sabotaged	Terrified	
	Worthless	Betrayed	Vulnerable	
	Uncared for	Repulsed		
	Dejected	Jealous		
	Rejected	Pissed Off		
	Miserable	Bitter		
	Distraught			

LEVEL OF INTENSITY: MILD

HAPPY	SAD	ANGRY	SCARED	CONFUSED
Valued	Disappointed	Resentful	Tense	Awkward
Gratified	Upset	Disgusted	Threatened	Puzzled
Encouraged	Inadequate	Smothered	Uneasy	Disorganized
Optimistic	Dismal	Frustrated	Defensive	Foggy
Joyful	Unappreciated	Stifled	Insecure	
Proud	Discouraged	Offended	Skeptical	
Cheerful	Ashamed	Infantilized	Apprehensive	
Relieved	Distressed	Controlled	Suspicious	
Assured	Distant	Peeved	Perturbed	
Determined	Disillusioned	Annoyed		
Grateful	Lonely	Irritated		
Appreciated	Isolated			
Confident	Alienated			
Respected	Abandoned			
Admired	Regretful			
Accepted	Islander			

LEVEL OF INTENSITY: WEAK

HAPPY	SAD	ANGRY	SCARED	CONFUSED
Content	Sorry	Uptight	Reluctant	Bothered
Relaxed	Lost	Dismayed	Anxious	Undecided
Glad	Feel Inadequate	Tolerant	Shy	Uncomfortable
Good	Bad	Resigned	Nervous	
Satisfied		Tired	Unsure	
Peaceful		Hungry	Timid	
Calm			Concerned	
Tranquil			Perplexed	
Hopeful			Doubtful	
Enjoyable			Worried	
Pleased				
Relieved				
Going to be great				
Looking forward to				

AN INDIVIDUAL WITH CREATIVE PASSION

Ex-athlete, **psychologist** and **life coach** working with individuals and business professionals. Known as **confidence expert**, Beata is an **energetic and innovative coach** working internationally from Singapore. She provides highly tailored strategies and approach to the individual's needs.

She **takes life with its ups and downs**. She loves dark chocolate, complex situations, laughing out loud and having thought provoking conversations.

She takes **practical psychology** further by organising Fit Chill Out Retreats



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THINK, WORK, EXERCISE & LIVE.

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