

## Feelings and Emotions

The following are words we use when we want to express a combination of mental states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

### **AFFECTIONATE**

compassionate  
friendly  
loving  
openhearted  
sympathetic  
tender warm

### **CONFIDENT**

empowered open  
proud  
safe  
secure

### **ENGAGED**

absorbed  
alert  
curious  
engrossed  
enchanted  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

### **EXCITED**

amazed  
animated  
ardent  
aroused  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### **EXHILARATED**

blissful ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

### **GRATEFUL**

appreciative  
moved  
thankful  
touched

### **HOPEFUL**

expectant  
encouraged  
optimistic

### **JOYFUL**

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

### **INSPIRED**

amazed  
awed  
wonder

### **PEACEFUL**

calm  
clearheaded  
comfortable  
centered  
content  
equanimity  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

### **REFRESHED**

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

**AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

**ANNOYED**

aggravated  
dismayed  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

**ANGRY**

angry  
enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

**AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

**CONFUSED**

ambivalent  
baffled  
bewildered  
dazed  
hesitant  
lost  
mystified  
perplexed  
puzzled  
torn

**DISCONNECTED**

alienated aloof  
apathetic bored  
cold detached  
distant distracted  
indifferent numb  
withdrawn

**DISQUIET**

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable

**EMBARRASSED**

ashamed  
chagrined  
flustered  
mortified  
self-conscious

**FATIGUE**

beat  
burnt out  
depleted  
exhausted lethargic

listless  
sleepy  
tired  
weary  
worn out

**PAIN**

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy

**TENSE**

Anxious  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelme  
d restless  
stressed out

**VULNERABLE**

fragile  
guarded  
helpless  
insecure  
reserved  
sensitive  
shaky

**YEARNING**

envious  
jealous  
longing  
nostalgic  
pining  
wistful

**SAD**

gloomy  
heavy  
hopeless  
melancholy  
unhappy