

Vocabulary of Feelings

Whenever you are feeling alienated from yourself and others (or otherwise experiencing a negative emotion you don't understand), this list may help you pinpoint your feeling, and thus make it easier to express. Just being able to identify your feelings is a powerful step in regaining a sense of control and centeredness.

Happy

Excited
Elated
Exuberant
Ecstatic
Terrific
Jubilant
Energized
Enthusiastic
Loved
Thrilled
Marvelous
Justified
Resolved
Valued
Gratified
Encouraged
Optimistic
Joyful
Proud
Cheerful
Relieved
Assured
Determined
Grateful
Appreciated
Confident
Respected
Admired
Delighted
Alive
Fulfilled
Tranquil
Content
Relaxed
Glad
Peaceful
Hopeful
Fortunate
Flattered
Pleased
Acknowledged
Loving
Empowered

Sad

Devastated
Hopeless
Sorrowful
Depressed
Wounded
Drained
Defeated
Helpless
crushed
Worthless
Uncared for
Dejected
Rejected
Humbled
Empty
Miserable
Distraught
Deserted
Grievous
Burdened
Demoralized
Condemned
Unwanted
Unloved
Mournful
Pitiful
Discarded
Disgraced
Disheartened
Despised
Disappointed
Inadequate
Dismal
Discouraged
Ashamed
Distressed
Disillusioned
Distant
Lonely
Isolated
Alienated
Regretful

Angry

Furious
Seething
Strangled
Enraged
Hostile
Vengeful
Incensed
Indignant
Humiliated
Hateful
Sabotaged
Betrayed
Repulsed
Rebellious
Disempowered
Outraged
Fuming
Exploited
Throttled
Spiteful
Patronized
Vindictive
Used
Ridiculed
Resentful
Disgusted
Smothered
Frustrated
Stifled
Offended
Displeased
Controlled
Impatient
Annoyed
Agitated
Exasperated
Harassed
Anguished
Aggravated
Deceived
Dominated
Coerced
Cheated

Scared

Fearful
Panicky
Afraid
Shocked
Overwhelmed
Intimidated
Desperate
Frantic
Terrified
Vulnerable
Horrificed
Petrified
Appalled
Dread-full
Tormented
Tense
Threatened
Uneasy
Defensive
Insecure
Skeptical
Apprehensive
Suspicious
Alarmed
Shaken
Swamped
Startled
Guarded
Stunned
Awed
Reluctant
Anxious
Shy
Nervous
Timid
Concerned
Perplexed
Constricted
Helpless
Disabled

Confused

Bewildered
Trapped
Immobilized
Directionless
Stagnant
Flustered
Baffled
Constricted
Troubled
Ambivalent
Awkward
Puzzled
Disorganized
Foggy
Perplexed
Hesitant
Torn
Misunderstood
Doubtful
Undecided
Uncertain
Surprised
Unsettled
Unsure
Distracted
Doubtful
Fooled
Arrested
Stuck
Blocked
Misled