

Trust Your Gut – CORE Program List of Feeling Words

HOW TO USE THIS LIST: Sometimes, when someone is not accustomed to recognizing or finding the right words to convey an emotion, having a list to refer to can be a helpful tool. When you suspect you might be feeling something but are having difficulty recognizing or expressing it, refer to the list of words below that describe a variety of emotions, both pleasant, unpleasant, or neutral/mixed. Note that this is not a complete list of all feeling terms, but rather several examples of words representing different emotional states. You may well find that your current emotional state might be best described by a single feeling word, or perhaps by a combination of feeling words, depending on the occasion and circumstances. Just find the word(s) that fit, and write them down, without judging whether they are “good” or “bad”.

Note also that some words may apply to more than one category of emotion. For example, “Dull” feeling might be experienced as a neutral feeling (as in feeling numb) or as a negative feeling (as in lacking stimulation). “Stirred up” might be experienced as a negative feeling (as in anxiety) or as a positive feeling (as in inspired).

Pleasant Emotions

Happy
Calm
Free
Confident
Satisfied
Glad
Cheerful
Elated
Excited
Playful
Energized
Optimistic
Thrilled
Pleased
Surprised
Relaxed
Relieved
Reassured
Thankful
Peaceful
Impulsive
Sympathetic
Accepting
Delighted
Tender
Rebellious
Passionate
Comforted
Daring

Unpleasant Emotions

Angry
Sad
Scared
Ashamed
Afraid
Irritated
Empty
Infuriated
Worked up
Hostile
Sore
Disappointed
Grief
Dismay
Weary
Dissatisfied
Despairing
Bored
Upset
Embarrassed
Unsure
Tense
Stirred up
Shy
Sulky
Discouraged
Lonely
Alone
Vulnerable
Overpowered
Hesitant
Pessimistic
Jittery
Hate
Annoyed
Nervous
Aching
Tormented

Mixed, Neutral Emotions

Numb
Frozen
Bored
Stuck
Neutral
Ambivalent
Disinterested
Reserved
Cold
Confused
Detached
Dull