

WORD BANK: WHAT'S UNDERNEATH?

When asked about their feelings, most people will usually say they feel: bad, sad, mad, good, or fine. But underneath “good, bad, sad, mad, or fine” are many words that better describe how we feel. Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communication and relationships with others.

Once you identify what you're really feeling, it might give you insight into how to ask for what you really need. For example: “I feel mad. But what I'm feeling deep down is offended, humiliated, and powerless. What I need because I feel offended is for you to listen to me explain why and say that you're sorry.”

FEELINGS LIST (POSITIVE EMOTIONS)

Admiration

Adoration, Affection, Appreciation, Delight, Fondness, Pleasure, Wonder, Regard, Amazed, Amused

Affectionate

Caring, Friendly, Loving, Sympathetic, Warm, Doting, Soft, Tender, Attached, Compassionate

Confident

Bold, Courageous, Positive, Sure, Fearless, Optimistic, Encouraged, Safe, Powerful, Proud, Satisfied, Trusting, Secure, Brave, Empowered

Excited

Enthusiastic, Delighted, Amazed, Passionate, Amused, Aroused, Alert, Piqued, Astonished, Dazzled, Energetic, Awakened, Eager, Charged

Exhilarated

Blissful, Ecstatic, Elated, Enthralled, Exuberant, Radiant, Rapturous, Thrilled

Gratitude

Thankful, Grateful, Moved, Touched, Appreciative, Graceful, Responsive, Recognized, Indebtedness

Included

Engaged, Understood, Appreciated, Accepted, Acknowledged, Affirmed, Recognized, Welcomed, Connected, Supported, Belonging, Heard, Respected, Involved

Intrigued

Absorbed, Fascinated, Interested, Charmed, Entertained, Captivated, Engaged, Engrossed, Curious, Surprised

Joyful

Cheerful, Festive, Heartening, Lighthearted, Upbeat, Glad, Merry, Elated, Enjoyable, Euphoria, Delighted, Jubilant, Hopeful, Tickled, Pleased

Peaceful

Calm, Quiet, Trusting, Fulfilled, Harmonious, Steady, Collected, Composed, Comfortable, Centered, Content, Relieved, Constant, Mellow, Level, Restful, Still, At ease, Satisfied, Relaxed, Clear, Reassured

Refreshed

Stimulated, Replenished, Exhilarated, Reinvigorated, Revived, Enlivened, Restored, Liberated, Lively, Passionate, Vibrant, Rested

FEELINGS LIST (NEGATIVE EMOTIONS)

Afraid

Nervous, Dread, Frightened, Cowardly, Terrified, Alarmed, Panicked, Suspicious, Worried, Apprehensive

Agitated

Bothered, Disoriented, Uncomfortable, Uneasy, Frenzied, Irritable, Rash, Offended, Disturbed, Troubled, Grumpy, Unsettled, Unnerved, Restless, Upset

Angry

Furious, Livid, Irate, Resentful, Hate, Hostile, Aggressive, Worked up, Provoked, Miffed, Outrage, Defensive

Annoyed

Irritated, Frustrated, Bothered, Impatient, Aggravated, Displeased, Exasperated, Disgruntled, Disturbed, Irked

Anxious

Shaky, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Overwhelmed, Restless, Stressed, Preoccupied, Flustered

Confused

Lost, Disoriented, Puzzled, Chaotic, Uncertain, Stuck, Indecisive, Foggy, Mistrust, Dazed, Baffled, Flustered, Perturbed, Perplexed, Hesitant, Immobilized, Ambivalent, Torn

Disconnected

Lonely, Isolated, Bored, Distant, Removed, Detached, Separate, Broken, Cold, Aloof, Numb, Withdrawn, Rejected, Out-of-place, Apathetic, Indifferent, Misunderstood, Abandoned, Alienated

Disgust

Appalled, Horrified, Dislike, Loathing, Disturbed, Repugnant, Contempt, Spiteful, Animosity, Hostile, Bitter

Disorganized

Distracted, Disheveled, Bedraggled, Run-down, Confused, Discombobulated, Disjointed, Displaced, Jumbled, Out of sorts

Embarrassed

Awkward, Self-conscious, Silly, Mortified, Humiliated, Flustered, Chagrined, Ashamed, Put down, Guilty, Disgraced

Envy

Jealous, Rivalry, Competitive, Covetous, Resentful, Longing, Self-conscious, Insecure, Inadequate, Yearning, Nostalgic, Wistful

Helpless

Paralyzed, Weak, Defenseless, Powerless, Invalid, Abandoned, Alone, Incapable, Useless, Inferior, Vulnerable, Empty, Distressed

Pain

Hurt, Remorseful, Regretful, Disappointed, Guilty, Grief, Bereaved, Miserable, Agony, Anguish, Bruised, Crushed, Wounded

Sadness

Heartbroken, Disappointed, Hopeless, Regretful, Depressed, Pessimistic, Melancholy, Sorrowful, Morbid, Heavy-hearted, Low, Blue, Gloomy, Miserable, Despair

Stress

Tension, Pressure, Overwhelmed, Frazzled, Strain, Imbalanced, Worried, Uneasy, Cranky, Distraught, Dissatisfied, Weighed down, Overworked, Pounded, Anxious, Shocked, Frustrated

Tired

Bored, Fatigued, Exhausted, Uninterested, Overworked, Worn out, Fed up, Drained, Weary, Burned out, Lethargic, Beat, Sleepy, Depleted

Vulnerable

Insecure, Shaky, Open, Unsure, Exposed, Unguarded, Sensitive, Unsafe, Inferior, Raw, Weak, Judged, Inadequate