

# Identifying Feelings

Words used to express a combination of emotional states and physical sensations

## Guidelines for Expressing Feelings:

Use terminology that describes your specific emotion instead of vague/general words.

“I feel self-conscious” vs. “I feel bad”

Distinguish what you feel from how you think you are being treated.

“I feel discouraged” vs. “I’m feeling ignored by my team”

Separate feelings from your self-evaluations

“I am disappointed by how that interview went” vs. “I’m so bad at communicating”

## Feelings when needs are satisfied:

- Affectionate
  - Compassionate
  - Friendly
  - Loving
  - Sympathetic
- Engaged
  - Alert
  - Curious
  - Fascinated
  - Interested
- Hopeful
  - Expectant
  - Encourage
  - Optimistic
- Confident
  - Empowered
  - Proud
  - Safe
  - Secure
- Excited
  - Amazed
  - Eager
  - Energetic
  - Passionate
- Grateful
  - Appreciative
  - Moved
  - Touched
- Inspired
  - Amazed
  - Awed
  - Wonder
- Joyful
  - Amused
  - Delighted
  - Happy
  - Pleased
- Exhilarated
  - Blissful
  - Ecstatic
  - Thrilled
- Peaceful
  - Calm
  - Clear headed
  - Comfortable
  - Content
  - Quiet
  - Relaxed
- Refreshed
  - Enlivened
  - Rejuvenated
  - Renewed
  - Rested
  - Revived

## Feelings when needs are not satisfied:

- Afraid
  - Dread
  - Panicked
  - Worried
- Annoyed
  - Frustrated
  - Impatient
  - Irritated
- Angry
  - Enraged
  - Outraged
  - Resentful
- Aversion
  - Animosity
  - Disgust
  - Dislike
  - Hostile
- Confused
  - Baffled
  - Hesitant
  - Lost
  - Puzzled
- Disconnected
  - Alienated
  - Bored
  - Indifferent
  - Removed
  - Withdrawn
- Disquiet
  - Agitated
  - Restless
  - Shocked
  - Uncomfortable
  - Upset
- Embarrassed
  - Ashamed
  - Guilty
  - Self-Conscious
- Fatigue
  - Burnt out
  - Depleted
  - Exhausted
  - Lethargic
- Pain
  - Agony
  - Devastated
  - Grief
  - Miserable
- Sad
  - Depressed
  - Despair
  - Disappointed
  - Helpless

## Non-Feelings Which Are Frequently Mistaken for Feelings

*Remember, words that describe actions, thoughts, or interpretations are not feelings.*

- Abandoned
- Abused
- Attacked

- Betrayed
- Boxed-in
- Bullied
- Cheated
- Coerced
- Cornered
- Diminished
- Distrusted
- Ignored
- Interrupted
- Intimidated
- Let down
- Manipulated
- Neglected
- Overworked
- Patronized
- Pressured
- Provoked
- Put down
- Rejected
- Taken for granted
- Threatened
- Unappreciated
- Unheard
- Unseen
- Unsupported
- Unwanted
- Used

*\*Adapted from Bayer Communication Project "Clear the Air" Workbook*

*\*\*Feelings list adapted from The Center for Non-Violent Communication -<http://www.cncv.org/>*