

Feeling Words

Knowing how to identify and express feelings makes it easier to communicate with friends and family. The first step in communicating feelings is to be able to identify them. Use the list of feeling words in the table below to help you identify all the feelings you might have in various situations. If you think of more words just add them to the list.

You can use this list when you are doing the exercise *Identifying Feelings* on page 43 of *The Mindfulness Workout*.

Accused	Discouraged	Horrified	Remorseful
Adored	Disdain	Hostile	Resistant
Afraid	Disgust	Hurt	Revengeful
Aggravated	Eager	Ignored	Sad
Alarmed	Ecstatic	Impatient	Self-conscious
Alone	Embarrassed	Impressed	Shocked
Angry	Energetic	Infuriated	Silly
Anxious	Excited	Inhibited	Spiteful
Ashamed	Exposed	Insecure	Stunned
Astonished	Fearful	Insignificant	Stupid
Bitter	Frightened	Insulated	Surprise
Blue	Frustrated	Joyful	Suspicious
Bored	Glad	Lost	Tender
Cautious	Gloomy	Loving	Tense
Cheerful	Grateful	Miserable	Thankful
Content	Grieving	Motivated	Trapped
Cross	Guilty	Nervous	Ugly
Curious	Happy	Offended	Unaccepted
Defensive	Hating	Optimistic	Uncomfortable
Delighted	Heartbroken	Outraged	Used
Depressed	Helpless	Petrified	Useless
Devastated	Hopeful	Pleased	Warm
Disappointed	Hopeless	Rebellious	Worthless