

VOCABULARY OF EMOTIONS

Fear	Anger	Shame	Confusion	Happiness	Eagerness	Hurt	Love	Sadness	Sensation
Alarmed	Annoyed	Contrite	Doubtful	Buoyant	Anticipating	Aching	Affectionate	Blah	Alive
Apprehensive	Belligerent	Embarrassed	Dubious	Carefree	Avid	Afflicted	Ardent	Choked Up	Breathless
Cautious	Bitter	Humiliated	Hesitant	Cheerful	Earnest	Crushed	Close	Depressed	Broken
Dismayed	Cross	Ill at Ease	Indecisive	Contented	Excited	Despairing	Compassion	Disappointed	Clammy
Distrustful	Enraged	Inferior	Mixed-Up	Ecstatic	Expectant	Devastated	Concerned	Discontented	Empty
Edgy	Envious	Mortified	Perplexed	Elated	Intent	Distressed	Desirous	Dismal	Frisky
Fearful	Frustrated	Regretful	Preoccupied	Enthusiastic	Keen	Heart-broken	Devoted	Dreary	Hard
Hesitant	Fuming	Rejected	Questioning	Excited	Proud	Injured	Enamored	Dull	Hollow
Horrified	Furious	Remorseful	Skeptical	Exhilarated	Zealous	Isolated	Excited	Flat	Immobilized
Insecure	Grumpy	Self-doubting	Suspicious	Festive		Offended	Fascinated	Gloomy	Light
Nervous	Indignant	Shameful	Torn	Giddy		Pained	Fondness	Heavy-hearted	Nauseated
Petrified	Inflamed	Useless	Unbelieving	Glad		Suffering	Generous	In the dumps	Numb
Scared	Irate	Worthless	Wavering	Hilarious		Tortured	Grateful	Low	Paralyzed
Shaky	Irritated			Inspired			Passionate	Melancholy	Repulsed
Suspicious	Jealous			Jolly			Soft	Moody	Sensual
Terrified	Offended			Jubilant			Tender	Mournful	Sluggish
Threatened	Resentful			Light-hearted			Warm	Somber	Split
Timid	Sullen			Optimistic				Sorrowful	Stretched
Worried				Playful				Unhappy	Strong
				Pleased				Weepy	Tense
				Satisfied					Tired
				Serene					Uptight
				Silly					Weak
				Sparkling					Weary
				Spirited					
				Thrilled					
				Vivacious					

HOW WE ARE LIKELY TO FEEL WHEN OUR NEEDS ARE BEING MET

Absorbed	Astonished	Confident	Enchanted	Fascinated	Happy	Jubilant	Perky	Secure	Tranquil
Adventurous	Blissful	Contented	Encouraged	Free	Helpful	Keyed-up	Pleasant	Sensitive	Trusting
Affectionate	Breathless	Cool	Energetic	Friendly	Hopeful	Loving	Pleased	Serene	Upbeat
Alert	Buoyant	Curious	Engrossed	Fulfilled	Inquisitive	Mellow	Proud	Spellbound	
Alive	Calm	Dazzled	Enlivened	Glad	Inspired	Merry	Quiet	Splendid	
Amazed	Carefree	Delighted	Enthusiastic	Gleeful	Intense	Mirthful	Radiant	Stimulated	
Amused	Cheerful	Eager	Excited	Glorious	Interested	Moved	Rapturous	Surprised	
Animated	Comfortable	Ebullient	Exhilarated	Glowing	Intrigued	Optimistic	Refreshed	Tender	
Appreciated	Complacent	Ecstatic	Expansive	Good-humored	Invigorated	Overjoyed	Relaxed	Thankful	
Ardent	Composed	Effervescent	Expectant	Grateful	Involved	Overwhelmed	Relieved	Thrilled	
Aroused	Concerned	Elated	Exultant	Gratified	Joyous/ Joyful	Peaceful	Satisfied	Touched	

HOW WE ARE LIKELY TO FEEL WHEN OUR NEEDS ARE NOT BEING MET

Afraid	Bitter	Detached	Dull	Harried	Irritated	Nervous	Scared	Troubled	Worried
Aggravated	Blah	Disaffected	Edgy	Heavy	Jealous	Nettled	Sensitive	Uncomfortable	Wretched
Agitated	Blue	Disappointed	Embarrassed	Helpless	Jittery	Numb	Shaky	Unconcerned	
Alarmed	Bored	Discouraged	Embittered	Hesitant	Keyed-Up	Overwhelmed	Shocked	Uneasy	
Aloof	Broken-Hearted	Disenchanted	Exasperated	Horrible	Lazy	Panicky	Skeptical	Unglued	
Angry	Chagrined	Disgruntled	Exhausted	Horrified	Leery	Passive	Sleepy	Unhappy	
Anguished	Cold	Disgusted	Fatigued	Hostile	Lethargic	Perplexed	Sorrowful	Unnerved	
Annoyed	Concerned	Disheartened	Fearful	Hot	Listless	Pessimistic	Sorry	Unsteady	
Anxious	Confused	Dismayed	Fidgety	Humdrum	Lonely	Puzzled	Spiritless	Upset	
Apathetic	Cool	Displeased	Forlorn	Hurt	Mad	Rancorous	Startled	Uptight	
Apprehensive	Cross	Disquieted	Frightened	Impatient	Mean	Reluctant	Surprised	Vexed	
Aroused	Dejected	Distressed	Frustrated	Indifferent	Miserable	Repelled	Suspicious	Weary	
Ashamed	Depressed	Disturbed	Furious	Intense	Mopey	Resentful	Tepid	Wistful	

Beat	Despairing	Downcast	Gloomy	Irate	Morose	Restless	Terrified	Withdrawn	
Bewildered	Despondent	Downhearted	Guilty	Irked	Mournful	Sad	Tired	Woeful	

EXPRESSIONS OF HOW WE INTERPRET OTHERS

Abandoned	Bullied	Diminished	Manipulated	Pressured	Threatened	Unwanted
Abused	Cheated	Distrusted	Misunderstood	Provoked	Unappreciated	Used
Attacked	Coerced	Interrupted	Neglected	Put Down	Unheard	
Betrayed	Co-opted	Intimidated	Overworked	Rejected	Unseen	
Boxed-in	Cornered	Let Down	Patronized	Taken for Granted	Unsupported	