

Emotions Chart

Emotions to be Aware of...

HAPPY FEELINGS:

Accepted, affectionate, appreciated, approved of, blissful, calm, capable, confident, competent, contented, curious, eager, ecstatic, elated, enthusiastic, interested, friendly, grateful, happy, joyful, loved, loving, mischievous, needed, optimistic, pleased, proud, relaxed, relieved, satisfied, serene, thrilled, trusting, understood, up, wanted, warmhearted, worthy

SAD FEELINGS:

Abandoned, afraid, ashamed, belittled, crushed, disappointed, discouraged, exhausted, frightened, frustrated, guilty, embarrassed, helpless, hopeless, hurt, inadequate, insecure, lonely, misunderstood, needy, neglected, rejected, sad, shy, unloved, unhappy

ANGRY FEELINGS:

Aggressive, angry, annoyed, bitter, disgusted, envious, furious, irritated, jealous, paranoid, pressured, put down, resentful, suspicious, threatened, vengeful, vindictive

INNER CONFLICT FEELINGS:

Apathetic, bored, conflicted, confused, detached, disoriented, empty, indifferent, excited, listless, nervous, numb, sluggish, shocked, surprised, uneasy, undecided, upset, uninterested, uptight

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