Affectionate

Amused

Appreciation

Brave

Calm

Cheerful

Clever

Creative

Competent

Curious

Delighted

Determined

Dreamy

Eager

Efficient

Enthusiastic

Excited

Flexible

Focused

Funny

Gentle

Grateful

Happy

Helpful

Heroic

Humorous

Important

Innocent

Interested

Inspired

Jolly

Joyful

Kind

Deep loving kindness

Likeable

Lovable

Loving

Mellow

Neutral

Nice

Noble

Open

Organised

Overjoyed

Passionate

Peaceful

Playful

Pleased

Precious

Proud

Qualified

Quick

Quiet

Radiant

Rational

Ready

Relaxed

Respected

Respectful

Responsible

Satisfied

Secure

Sensitive

Smart

Sophisticated

Special

Stoic

Strong

Successful

Tender

Thankful

Thoughtful

Tranquil

Treasured

Trustworthy

Understanding

Understood

Unique

Valued

Warm-hearted

We become more emotionally intelligent if we also view those emotions or states that arise in response to stresses or challenges, either learned (internal) or in response to external events. Understanding the difference between anxiety and anger, for example, may help you see a more appropriate course of action. Such distinctions may also help you understand the origins of such energy. Here is a list of negative or emergency states. If you should find these relevant to you, it can help to invite them in and to quietly observe them.

Angry

Anguished

Annoyed

Anxious

Ashamed

Bored

Bothered

Bothered

Confused

Depressed

Disappointed

Despairing

Embarrassed

Forgetful

Frightened

Frustrated

Furious

Grumpy

Guilty

Hateful

Helpless

Homesick

Hopeless

Hurt

Intolerant

Insecure

Irritable

Jealous

Lazy

Lonely

Mad

Mean

Negative

Nervous

Offended

On-guard

Oppressed

Overcome

Overwhelmed

Perplexed

Puzzled

Quarrelsome

Rejected

Relentless

Restricted

Run-down

Sad

Scared

Shocked

Shy

Silly

Small

Stressed

Stuck

Stunned

Surprised

Tetchy

Traumatised

Troubled

Unavailable

Unbalanced

Uncertain

Unhappy

Unyielding

Upset

Vexed

Volatile

Wacky

Weird

Whimsical

Wild

Wilful

Withdrawn

Woebegone

Worried

Wretched