

Feelings/Emotions

Affectionate

compassionate
friendly
loving
open-hearted
sympathetic
tender
warm

Confident

empowered
open
proud
safe
secure

Curious

absorbed
alert
engaged
enchanted
fascinated
interested
intrigued
stimulated

Excited

amazed
aroused
astonished
eager
energetic
enthusiastic
exhilarated
giddy
invigorated
lively
passionate
surprised
thrilled
vibrant

Grateful

appreciative
heartened
moved
thankful
touched

Happy

blissful
content
delighted
ecstatic
elated
exuberant
glad
joyful
jubilant
pleased
tickled
thrilled

Hopeful

expectant
encouraged
optimistic

Inspired

amazed
awed
wonder

Peaceful

calm
clear-headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relief
satisfied
serene
still
tranquil
trusting

Refreshed

enlivened
rejuvenated
renewed
rested
restored
revived

Agitated

discombobulated
disconcerted
disturbed
disquiet
perturbed
rattled
restless
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled

Angry

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

Annoyed

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

Confused

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

Disconnected

alienated
apathetic
bored
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

Embarrassed

ashamed
contracted
flustered
guilty
mortified
self-conscious
shrinking

Hurt

agony
anguish
bereaved
devastated
grief
heartbroken
lonely
miserable
pain
regretful
remorseful

Jealous

envious
longing
nostalgic
pining
wistful
yearning

Repulsed

animosity
appalled
aversion
contempt
disgust
dislike
hate
horrified
hostile

Sad

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy-hearted
hopeless
melancholy

Scared

afraid
alarmed
apprehensive
concerned
dread
foreboding
frightened
hesitant
mistrustful
panicked
petrified
shocked
startled
surprised
suspicious
tentative
terrified
wary
worried

Stressed

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
tense

Tired

beat
burnt out
depleted
exhausted
fatigued
lethargic
sleepy
weary
worn out

Vulnerable

fragile
guarded
helpless
insecure
leery
reserved
scared
sensitive
shaky
uncomfortable



COUPLES COMMUNICATION COACHING