

Identify and understand your feelings

Humans have a vast inventory of feelings to call on. They manifest in the mind and body, and can help us recognize the underlying needs that are important to our lives. As such, they are clues that can guide our intuition and lead us to better decisions and stronger relationships with others.

How often do you stop to identify your feelings? Which of these feelings have you recently experienced in the workplace? At home? In your relationships with friends and loved ones? Your physical reactions can be a clue.

The following is a list of the most common feelings, arranged into broad categories, to help you identify and name the feelings that drive you and those around you.

SAD

Ashamed
Blue
Brokenhearted
Depressed
Disappointed
Discouraged
Disheartened
Fragile
Helpless
Hurt
Lonely
Miserable
Numb
Vulnerable

GLAD

Delighted
Eager
Encouraged
Excited
Happy
Hopeful
Inspired
Optimistic
Proud
Relieved
Satisfied
Thrilled

ANGRY

Agitated
Annoyed
Bitter
Disgusted
Enraged
Frustrated
Furious
Impatient
Irate
Jealous

WORRIED

Alarmed
Anxious
Concerned
Disturbed
Guarded
Nervous
Overwhelmed
Panicky
Scared
Shocked
Suspicious
Tense
Terrified
Wary

CONFUSED

Cautious
Conflicted
Doubtful
Hesitant
Puzzled
Reluctant
Skeptical
Torn
Troubled
Uncomfortable
Uneasy

CALM

Absorbed
Awed
Blissful
Comfortable
Confident
Content
Fulfilled
Loving
Peaceful
Relaxed
Secure
Serene

FRIENDLY

Appreciative
Cordial
Grateful
Open
Receptive
Sensitive
Social
Tender
Trusting
Warm
Welcoming

EXCITED

Adventurous
Amazed
Creative
Curious
Energetic
Engaged
Exhilarated
Fascinated
Free
Inspired
Interested
Intrigued
Invigorated