

# 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