

Feeling Words List

Protective Emotions

Anger	Fear	Panic
annoyed	timid	flumoxed
agitated	uneasy	mixed up
fed up	tense	unsure
frustrated	nervous	uncomfortable
irritated	insecure	troubled
mad	cowardly	perplexed
critical	worried	insecure
resentful	afraid	disoriented
disgusted	threatened	stunned
outraged	frightened	shocked
raging	intimidated	anxious
furious	fearful	stuck
seething	anxious	lost
livid	panicky (ed)	trapped
bitter	shaky	desperate
	horrified	helpless
	terrified	frozen
		hysterical
		paralyzed

Sadness
disappointed
low
down
gloomy
disturbed
mingin
unhappy
hurt
awful
distressed
hopeless
miserable
heartbroken
depressed
terrible
crushed
devastated

Weak Feelings
<i>Physical Fatigue</i>
thirsty
hungry
tired
run-down
worn out
sore
powerless
shaky
sick
impotent
ill
frail
lifeless
exhausted
stressed
fragile
vulnerable
defenseless
insecure
discouraged
overwhelmed
<i>Emotional Fatigue</i>

Seeking / Engaging with Creation
curious
clever
inquisitive
motivated
stimulated
active
energetic
intrigued
engaged
constructive
productive
creative
eager
bold
artistic
fascinated
confident
focused
determined
inspired
inventive
ambitious
absorbed
obsessed

Connective Emotions

Caring Connection	Playful Connection
helpful	relaxed
secure	glad
attentive	light-hearted
considerate	amused
friendly	cheerful
kind	comical
understanding	silly
giving	happy
supportive	optimistic
connected	alive
tender	delighted
loving	giggly
nurturing	spontaneous
joined	imaginative
attached	whimsical
	joyful
	spirited
	energized
	cheerful
	excited
	bouncy
	lively
	animated
	elated
	ecstatic

Wisdom Projects

Peace, Healing, and Justice For All



Think of these protective and connective feelings as a spectrum of emotions that sometimes overlap with each other. With mindfulness, self-care, and care from others, we have the power to move our emotions from protective to connective, and to identify when we are being protective and when we are being connective.