

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	Weak Feelings
disappointed	<i>Physical Fatigue</i>
low	thirsty
down	hungry
gloomy	tired
disturbed	run-down
mingin	worn out
unhappy	sore
hurt	powerless
awful	shaky
distressed	sick
hopeless	impotent
miserable	ill
heartbroken	frail
depressed	lifeless
terrible	exhausted
crushed	stressed
devastated	fragile
	vulnerable
	defenseless
	insecure
	discouraged
	overwhelmed

Emotional Fatigue

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	Sexual Connection
helpful	relaxed	flirtatious
secure	glad	affectionate
attentive	light-hearted	tender
considerate	amused	cuddly
friendly	cheerful	frisky
kind	comical	romantic
understanding	silly	physical
giving	happy	turned on
supportive	optimistic	amorous
connected	alive	desirous
tender	delighted	aroused
loving	giggly	stimulated
nurturing	spontaneous	hot
joined	imaginative	passionate
attached	whimsical	sexy
	joyful	orgasmic
	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.