

Naming Emotions

Understanding inner states with more clarity and self-compassion.

Emotions give us clues about what matters, what we need, and what is happening inside us.

The words below include emotions and related inner states.

They are not good or bad.

*Emotions rise, change,
and pass like waves.*



arises



peaks



shifts



passes



Often experienced as pleasant



Joy / Enjoyment

happy, joyful, cheerful,
playful, delighted,
excited, enthusiastic



Calm / Contentment

calm, settled, peaceful,
relaxed, content,
satisfied, relieved



Connection / Affection

loved, cared for, close,
connected, affectionate,
warm, compassionate



Interest / Hope

curious, interested,
engaged, hopeful,
inspired, optimistic, eager



Confidence / Pride

confident, capable,
proud, accomplished,
empowered, brave



Gratitude / Appreciation

grateful, appreciative,
touched, thankful



Often experienced as unpleasant



Sadness / Grief

sad, down, disappointed,
lonely, empty, hurt,
hopeless, grief-stricken



Fear / Anxiety

worried, uneasy, nervous,
anxious, scared, panicked,
threatened, apprehensive



Anger / Frustration

annoyed, irritated,
frustrated, resentful,
angry, furious, betrayed



Shame / Guilt

Shame: ashamed, exposed,
humiliated, self-critical
Guilt: regretful, remorseful,
responsible



Disgust / Aversion

disgusted, repulsed,
revolted, grossed out,
put off, sickened



Confusion / Uncertainty

confused, unsure, puzzled,
conflicted, doubtful,
disoriented



Stress / Overwhelm

overwhelmed, pressured,
tense, overloaded,
restless, drained,
exhausted



Disconnection / Numbness

numb, flat, detached,
disconnected, distant,
shut down



Unpleasant emotions are a normal and healthy part of being human.

They can alert us to loss, threat, unfairness, disconnection, or unmet needs.

The goal is not to get rid of emotions, but to notice them and respond effectively rather than through unhelpful or ineffective actions.

Reflection



What am I
feeling right now?



Which words
fit best?



What might this
emotion be telling me?

*The more precisely you can name what you feel,
the easier it can become to understand yourself and respond wisely.*