

# CORE FAMILIES OF FEELINGS



## JOY & CONTENTMENT

Adventurous	Curious	Giddy	Loving	Satisfied
Affectionate	Delighted	Glad	Moved	Stimulated
Alive	Determined	Grateful	Overjoyed	Surprised
Amazed	Eager	Happy	Peaceful	Thankful
Amused	Ecstatic	Hopeful	Pleased	Thrilled
Astonished	Encouraged	Inspired	Proud	Touched
Calm	Excited	Intrigued	Refreshed	Tranquil
Confident	Fascinated	Invigorated	Relaxed	Trusting
Content	Friendly	Joyful	Relieved	Upbeat

### FEAR & ANXIETY

Afraid  
 Alarmed  
 Anxious  
 Apprehensive  
 Bewildered  
 Cautious  
 Concerned  
 Confused  
 Disconcerted  
 Disturbed  
 Dubious  
 Embarrassed  
 Impatient  
 Jittery  
 Nervous  
 Overwhelmed  
 Panicky  
 Perplexed  
 Puzzled  
 Reluctant  
 Restless  
 Scared  
 Shocked  
 Stressed  
 Terrified  
 Worried

### ANGER & FRUSTRATION

Aggravated  
 Agitated  
 Angry  
 Annoyed  
 Appalled  
 Cranky  
 Disgusted  
 Exasperated  
 Frustrated  
 Furious  
 Impatient  
 Indignant  
 Infuriated  
 Irritated  
 Resentful  
 Upset

### SADNESS & GRIEF

Bored  
 Depressed  
 Disappointed  
 Discouraged  
 Disheartened  
 Dismayed  
 Despairing  
 Exhausted  
 Helpless  
 Hopeless  
 Hurt  
 Lonely  
 Melancholic  
 Sad  
 Tired  
 Troubled

### FAUX FEELINGS

*Interpretations  
 masquerading as feelings*

Abandoned	Ignored	Neglected
Abused	Intimidated	Put Upon
Attacked	Invisible	Rejected
Betrayed	Let Down	Rushed
Bullied	Manipulated	Unappreciated
Cheated	Misunderstood	Used