# Core Families of Feelings

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

## Fear & Anxiety
- Afraid
- Alarmed
- Anxious
- Apprehensive
- Bewildered
- Cautious
- Concerned
- Confused
- Disconcerted
- Disturbed
- Doubious
- Embarrassed
- Impatient
- Jittery
- Nervous
- Overwhelmed
- Panicky
- Perplexed
- Puzzled
- Reluctant
- Restless
- Scared
- Shocked
- Stressed
- Terrified
- Worried
- Aggravated
- Annoyed
- Appalled
- Cranky
- Disgusted
- Exasperated
- Frustrated
- Furious
- Impatient
- Indignant
- Infuriated
- Irritated
- Resentful
- Upset
- Bored
- Depressed
- Disappointed
- Discouraged
- Disheartened
- Dismayed
- Despairing
- Exhausted
- Helpless
- Hopeless
- Hurt
- Lonely
- Melancholic
- Sad
- Tired
- Troubled

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

## Sadness & Grief
- Interpretations masquerading as feelings

©2008 John Cunningham  |  www.empathy-conexus.com