



Individual and Couples Therapy in Colorado Springs  
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### Emotion Words

It is helpful to become familiar with various words to describe different emotions. While this list is not exhaustive, learning words to describe emotions that have subtly different meanings can help you more accurately identify how you are feeling so you can better understand yourself and others.

Think of each emotion as it can fill in the blank, "I feel \_\_\_\_\_." Your perspective might be to have some words in different columns or intensity levels.

	<u>Happiness/Intrigue</u>	<u>Sadness/Shame</u>	<u>Anger</u>	<u>Uncertainty</u>	<u>Discomfort</u>	<u>Connection</u>
<b>Strong</b>	Elated Ecstatic Fascinated Delighted Overjoyed	Devastated Grief-stricken Ashamed Alone	Furious Enraged Irate	Helpless Paralyzed Discouraged	Anxious Depressed Cornered Terrified Miserable	Trusted Understood Loved
<b>Moderate</b>	Joyful Energized Confident Hopeful Excited Proud	Lonely Inferior Inadequate Guilty Selfish Foolish Down	Angry Frustrated Irritated Disrespected	Lost Stuck Off-balance Suspicious Jealous Insecure Confused	Nervous Stressed Pressured Rejected Afraid Scared	Valued Heard Respected Connected
<b>Mild</b>	Happy Content Satisfied Curious	Sad Bored Apathetic Weak Embarrassed	Annoyed Irrked Disappointed	Uncertain Torn Skeptical	Uneasy Distant Worried	Appreciated Important Supported