

Feeling Word List

Primary Emotions

Lonely	Scared/Fear
Powerless	Rejection (fear)
Helpless/Hopeless	Abandonment (fear)
Stuck/Trapped	Unappreciated (fear)
Bored	Unloved (fear)
Stressed/Tense	Inadequate (fear)
Shocked/Surprised	Insecure(fear)
Blah	Worth-less (fear)
Guilty	Ignored (fear)
Regret	Anxious/Worried (fear)
Torn	Uncertain (fear)
Sad	Discouraged (fear)
Grief/Loss	Confused
Distant/Disconnected	Restless
Overwhelmed	Tired

Happy/Joy	Rested
Hopeful	Energetic
Grateful	Calm/Peaceful
Love(d)	Relaxed
Connected	Serene
Playful	Surprised

Secondary Emotions*

Shame (embarrassed)	Jealousy
Anger (frustrated, irritated, annoyed, hate, upset, resentful)	

*Secondary emotions are important to recognize and validate within ourselves; however, they typically motivate us to hide or attack rather than take care of ourselves and be assertive with others. Thus, we move from secondary to primary to find the tools to care for ourselves and connect with others.