

Feeling Words List

Protective Emotions

Anger	Fear	Panic
annoyed	timid	flumoxed
agitated	uneasy	mixed up
fed up	tense	unsure
frustrated	nervous	uncomfortable
irritated	insecure	troubled
mad	cowardly	perplexed
critical	worried	insecure
resentful	afraid	disoriented
disgusted	threatened	stunned
outraged	frightened	shocked
raging	intimidated	anxious
furious	fearful	stuck
seething	anxious	lost
livid	panicky (ed)	trapped
bitter	shaky	desperate
	horrified	helpless
	terrified	frozen
		hysterical
		paralyzed

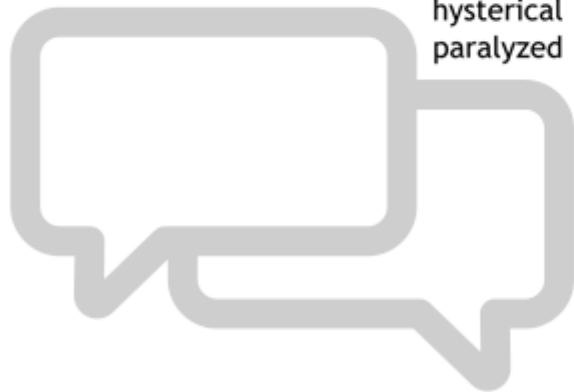
Sadness
 disappointed
 low
 down
 gloomy
 disturbed
 minging
 unhappy
 hurt
 awful
 distressed
 hopeless
 miserable
 heartbroken
 depressed
 terrible
 crushed
 devastated

Weak Feelings
Physical Fatigue
 thirsty
 hungry
 tired
 run-down
 worn out
 sore
 powerless
 shaky
 sick
 impotent
 ill
 frail
 lifeless
 exhausted
 stressed
 fragile
 vulnerable
 defenseless
 insecure
 discouraged
 overwhelmed
Emotional Fatigue

Seeking / Engaging with Creation
 curious
 clever
 inquisitive
 motivated
 stimulated
 active
 energetic
 intrigued
 engaged
 constructive
 productive
 creative
 eager
 bold
 artistic
 fascinated
 confident
 focused
 determined
 inspired
 inventive
 ambitious
 absorbed
 obsessed

Connective Emotions

Caring Connection	Playful Connection	Sexual Connection
helpful	relaxed	flirtatious
secure	glad	affectionate
attentive	light-hearted	tender
considerate	amused	cuddly
friendly	cheerful	frisky
kind	comical	romantic
understanding	silly	physical
giving	happy	turned on
supportive	optimistic	amorous
connected	alive	desirous
tender	delighted	aroused
loving	giggly	stimulated
nurturing	spontaneous	hot
joined	imaginative	passionate
attached	whimsical	sexy
	joyful	orgasmic
	spirited	
	energized	
	cheerful	
	excited	
	bouncy	
	lively	
	animated	
	elated	
	ecstatic	



These Feeling Word lists are arranged in order of increasing intensity as you go down the list except for the weak feelings list
 The Weak Feelings list is arranged on a continuum from feelings in response to physical fatigue to feelings in response to emotional fatigue

Emotional State Definitions

Protective Emotions

Anger

The "Fight" reflex.

Feelings range from annoyed to bitter, thoughts that overflow with blame and contempt, memories of past offenses and the desire to attack. Often produces energy through adrenaline.

Advantage: Self protection and to protect loved ones.

Fear

The "Flight" reflex.

Feelings range from timid to terrified, thoughts on a continuum from worried to catastrophic, producing the desire to escape from a threat.

Advantage: Escape danger.

Panic

The "Freeze" reflex.

Produces feelings of fear and confusion in the face of perceived or actual danger. Similar to the Fear brain state, though opposing thoughts and feelings flood the brain, leading to a sense of being out of control and helpless. Often produces a frenzied urgency to do something but without clear direction on what to do.

Advantage: motivation to seek help outside of self.

Copyright © 2020 Dundee Counselling Services

Sadness

Often in the face of disconnection from loved ones, sadness is a part of the grieving process. The greater the emotional connection with someone or thing, the greater sense of sadness experienced at the loss of that person or thing. **Advantage:** Motivation for focusing on the loss, and eventually finding comfort, support and connection with other safe individuals.

Weak Feelings

Though this is not a Brain state, when over-worked, we experience fatigue, which can influence the ability to shift to other brain states. Feelings are triggered by physical pain, illness, exhaustion, hunger, etc. Also Emotional Fatigue weak feelings can be a result of intense or prolonged emotional experience. When fatigued often the brain perceives more triggers as threats and we become more reactive than responsive. **Advantage:** focuses the body on restoration.

Seeking/Engaging with Creation

The Busy Brain. Motivates people to energetically explore their worlds and produces a state of mind in which people are focused, attentive and fully engaged. **Advantage:** Motivation to learn and solve problems.

Connective Emotions

Caring Connection

The Caring brain state. Produces feelings of warmth, tenderness and concern for others.

Advantage: Motivation to connect with and care for others. Involves putting self needs on hold in order to help and connect with others.

Playful Connection

Produces the desire to spontaneously and happily connect with others.

Advantage: releases neuropeptides promoting social connection, creativity and a feeling of joyful well being.

Sexual Connection

Produces feelings of sexual arousal and motivation towards engaging in sexual activity. Triggers the release of oxytocin (cuddle hormone) and often activates the Caring brain state.

