

# Feeling Words

**FIGURE 2.1**

## I FEEL GOOD

admired	delighted	inquisitive	satisfied
adored	devoted	intelligent	secure
amused	earnest	interested	self-accepting
appreciated	ecstatic	joyful	self-assured
attractive	effective	knowledgeable	sincere
brave	elated	loving	skillful
capable	encouraged	optimistic	tender
cheerful	excited	passionate	thrilled
competent	fascinated	pleased	useful
confident	flattered	proud	valued
contented	graceful	rambunctious	vindicated
courageous	grateful	resilient	warm
creative	heroic	resourceful	whole
curious	hopeful	respected	worthy
daring	important	romantic	zealous

## I FEEL BAD

afraid	devalued	incompetent	self-doubting
agitated	devastated	jealous	shaken
aloof	disappointed	jittery	silly
angry	discouraged	lonely	skeptical
anxious	embarrassed	lost	snubbed
ashamed	empty	mediocre	sorrowful
awkward	fearful	neglected	suspicious
betrayed	foolish	nervous	tense
burdened	frightened	out of control	terrified
cheated	guilty	panicky	ugly
clumsy	heartbroken	pessimistic	uptight
cranky	helpless	put down	useless
defensive	hostile	rejected	weary
dejected	humiliated	self-critical	worried
deserted	ignored	self-destructive	worthless

**Emotional Awareness** To become more emotionally aware, practice asking yourself these three questions: How is my body feeling? What happened right before I started to experience this emotion? Can I put a specific name to this emotion? *Why would developing a vocabulary of feeling words help you become more aware of your emotions?*