



Identifying Feelings & Sensations

We need our full range of feelings – from joy and ecstasy to grief and anger. Your feelings give you valuable information about what’s going on within you and around you. They give you the ability to feel empathy and connect with others. You are more capable of intimacy when you are able to connect with your feelings.

Many of us need to develop a vocabulary of feeling words as well as words to describe our body sensations. It can be helpful to make copies of the feelings and sensations list in the back of your student workbook and post them in places where you will see them regularly. Then, throughout the day take note of what you are feeling, and reference the list.

Feelings List

Accepting / Open

Calm
Centered
Content
Fulfilled
Patient
Peaceful
Present
Relaxed
Serene
Trusting

Aliveness / Joy

Amazed
Awe
Bliss
Delighted
Eager
Ecstatic
Enchanted
Energized
Engaged
Enthusiastic
Excited
Free
Happy
Inspired
Invigorated
Lively
Passionate
Playful
Radiant
Refreshed
Rejuvenated
Renewed
Satisfied
Thrilled
Vibrant

Angry / Annoyed

Agitated
Aggravated
Bitter
Contempt
Cynical
Disdain
Disgruntled
Disturbed
Edgy
Exasperated
Frustrated
Furious
Grouchy
Hostile
Impatient
Irritated
Irate
Moody
On edge
Outraged
Pissed
Resentful
Upset
Vindictive

Courageous / Powerful

Adventurous
Brave
Capable
Confident
Daring
Determined
Free
Grounded
Proud
Strong
Worthy
Valiant

Connected / Loving

Accepting
Affectionate
Caring
Compassion
Empathy
Fulfilled
Present
Safe
Warm
Worthy
Curious
Engaged
Exploring
Fascinated
Interested
Intrigued
Involved
Stimulated

Despair / Sad

Anguish
Depressed
Despondent
Disappointed
Discouraged
Forlorn
Gloomy
Grief
Heartbroken
Hopeless
Lonely
Longing
Melancholy
Sorrow
Tearful
Unhappy
Upset
Weary
Yearning

Disconnected / Numb

Aloof
Bored
Confused
Distant
Empty
Indifferent
Isolated
Lethargic
Listless
Removed
Resistant
Shut Down
Uneasy
Withdrawn

Embarrassed / Shame

Ashamed
Humiliated
Inhibited
Mortified
Self-conscious
Useless
Weak
Worthless

Fear

Afraid
Anxious
Apprehensive
Frightened
Hesitant
Nervous
Panic
Paralyzed
Scared
Terrified
Worried

Fragile

Helpless
Sensitive

Grateful

Appreciative
Blessed
Delighted
Fortunate
Grace
Humbled
Lucky
Moved
Thankful
Touched

Guilt

Regret
Remorseful
Sorry

Hopeful

Encouraged
Expectant
Optimistic
Trusting

Powerless

Impotent
Incapable
Resigned
Trapped
Victim

Tender

Calm
Caring
Loving
Reflective
Self-loving
Serene
Vulnerable
Warm

Stressed / Tense

Anxious
Burned out
Cranky
Depleted
Edgy
Frazzled
Overwhelm
Rattled
Rejecting
Restless
Shaken
Tight
Weary
Worn out

Unsettled / Doubt

Apprehensive
Concerned
Dissatisfied
Disturbed
Grouchy
Hesitant
Inhibited
Perplexed
Questioning
Rejecting
Reluctant
Skeptical
Suspicious
Ungrounded
Unsure
Worried

Body Sensations

Achy
Airy
Blocked
Breathless
Bruised
Burning
Buzzy
Clammy
Clenched
Cold
Constricted
Contained

Contracted
Dizzy
Drained/Exhausted
Dull
Electric
Empty
Expanded
Flowing
Fluid
Fluttery
Frozen
Full

Gentle
Hard
Heavy
Hollow
Hot
Icy
Itchy
Jumpy
Knotted
Light
Loose
Nauseous

Numb
Pain
Pounding
Prickly
Pulsing
Queasy
Radiating
Relaxed
Releasing
Rigid
Sensitive
Settled

Shaky
Shivery
Slow
Smooth
Soft
Sore
Spacey
Spacious
Sparkly
Stiff
Still
Suffocated

Sweaty
Tender
Tense
Throbbing
Tight
Tingling
Trembly
Twitchy
Vibrating
Warm
Wobbly
Wooden