

Emotions Inventory

The following are the words we use when we want to express a combination of emotional states and physical sensations. This reduced list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

Emotions when your needs/values/longings are not satisfied

AFRAID

frightened
scared
suspicious
terrified
worried

ANNOYED

frustrated
impatient
irritated

ANGRY

hate
shocked
surprised
upset
violent

CONFUSED

hesitant
torn

EMBARRASSED

DISCONNECTED

bored
distant
indifferent
numb
uncomfortable
withdrawn

TIRED

exhausted
sleepy

SAD

depressed
despair
disappointed
discouraged
grief
heartbroken
hurt
lonely
nostalgic
regretful

TENSE

anxious
irritable
nervous
overwhelmed
stressed out

VULNERABLE

guarded
insecure
sensitive

Emotions when your needs/values are satisfied

AFFECTIONATE

compassionate
loving
open
warm

ENGAGED

curious
interested

HOPEFUL

encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

aroused
eager
enthusiastic
passionate

GRATEFUL

moved
touched

INSPIRED

JOYFUL

delighted
happy
ecstatic
elated

REFRESHED

renewed
rested

PEACEFUL

calm
clear headed
comfortable
centered
content
fulfilled
relaxed
relieved
satisfied
trusting