



## 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withdrawn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