



Vocabulary of Emotions/ Feeling Exercise

This exercise is meant to expand ones vocabulary when it comes to emotions and feelings, allowing one to understand themselves, responses, and communicate at a higher level. This can increase self confidence, self awareness, and interpersonal relationships as well as improving the quality of the relationships surrounding someone. It is also a great measure of how one has evolved from childhood to adulthood when it comes to handling situations.

How to play:

Close your eyes or look away as you circle your finger around the page (as many times as you want, at any speed you want) and place it down on the page. Once your finger is on the page, which ever emotion/ feeling is under (or nearest) your finger that is the emotion you will work with.

Tell a story of a time in the past (childhood preferably, or at least a few years ago) where you had an experience that brought this emotion up inside you and how you handled it. Then tell a story of a time in the more recent past (within a couple months) where you had an experience that raised this emotion up inside you handled it. Just tell the stories that first comes to mind, there's normally a reason they are coming to the surface first.

Do it by yourself:

If you are alone you may journal about these stories. You may use these prompts after journaling: What did I do well? How do I want to respond differently? Do I desire a change in a certain area of my life after paying attention to this story/ emotion? Am I repeating patterns that are healthy or unhealthy? Have I improved or stayed the same from childhood responses?

Do it with a partner:

This can be a best friend, family member, or your significant other. Pick someone with whom you feel safe and can be vulnerable with. Once you tell your two stories, it is their turn and they repeat the process and tell their two stories. Feel free to have discussions about the stories, emotions, or whatever comes up naturally in conversation with an openness, sense of love and curiosity to learn more about the other person. Remember we all experience this life from our unique point of view from our eyes and everyone's eyes have a little different angle to the experience than others.

Be sure to thank the other person for sharing and trusting you.

Vocabulary of Emotions/Feelings

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	Happiness	Caring	Depression	Inadequate	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Strong	Delighted Ebullient Ecstatic Elated Energetic Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tickled pink Turned on Vibrant Zippy	Adoring Ardent Cherishing Compassionate Crazy about Devoted Doting Fervent Idolizing Infatuated Passionate Wild about Worshipful Zealous	Alienated Barren Beaten Bleak Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful Worried	Blemished Broken Crippled Damaged Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero	Appalled Desperate Distressed Frightened Horrorified Intimidated Panicky Paralyzed Petrified Shocked Shook up Terrified Terror-stricken Wrecked	Baffled Befuddled Chaotic Confounded Confused Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Trapped	Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned	Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Outraged Provoked Seething Storming Truculent Vengeful Vindictive	Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong
Medium	Aglow Buoyant Cheerful Elevated Gleeful Happy In high spirits Jovial Light-hearted Lively Merry Riding high Sparkling Up	Admiring Affectionate Attached Fond Fond of Huggy Kind Kind-hearted Loving Partial Soft on Sympathetic Tender Trusting Warm-hearted	Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant	Afraid Alarmed Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Dizzy Foggy Frozen Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled	Belittled Cheaped Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Resentful Tortured Troubled Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished	Apologetic Ashamed Contrite Crestfallen Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry
Light	Contented Cool Fine Genial Glad Gratified Keen Pleasant Pleased Satisfied Serene Sunny	Appreciative Attentive Considerate Friendly Interested in Kind Like Respecting Thoughtful Tolerant Warm toward Yielding	Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distracted Uncertain Uncomfortable Undecided Unsettled Unsure	Annoyed Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy Used	Bugged Chagrined Dismayed Galled Grim Impatient Irked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Embarrassed Hesitant Humble Meek Sheepish