



Putting Words to Feelings

EMOTION COACHING

Unpleasant Feelings

afraid, terrified, anxious

mad, explosive, furious, fed up

annoyed, nervous, bugged, irritated

unsure, doubtful, confused, puzzled

lost, bored, tired, confused

jealous, envious, left out

uncomfortable, unappreciated

unimportant, not taken seriously

insignificant, small, put down

unwanted, neglected, uncared about

cheated, fooled, taken advantage of

indifferent, uncaring, hopeless

hurt, wounded, cut, mistreated

discouraged, inadequate, worthless

frustrated, infuriated, stuck

grumpy, irritable, bothered

unprepared, apprehensive, worried

disappointed, betrayed, let down

defeated, whipped, beaten

repelled, disgusted, revolted

sick at heart, heart-broken

embarrassed, humiliated

guilty, rotten, ashamed

restless, at loose ends

Pleasant Feelings

accepted, appreciated, loved

glad, happy, enthusiastic, excited

thrilled, delighted, elated

flying high, pleased, grateful

proud, satisfied

included, liked, trusted

appreciated, valued, understood

taken seriously, important

competent, capable, adequate

sympathetic, compassionate

interested, curious, fascinated

confident, sure of yourself

determined, resolute, convinced

courageous, brave, strong, able

relieved, comfortable, secure

relaxed, rested

ready, prepared

proud, pleased with yourself

inspired, creative

grateful, appreciative

secure, content



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