

Emotional Vocabulary

An important skill is being able to recognize your emotion and then sharing the emotion with others. Practice reflective listening by choosing an emotion below and sharing it. Afterwards, the listener summarizes what they heard.

CALM peaceful at ease relaxed dovish **comforted** affable benevolent gentle cool **serene** submissive neutral gentle **amicable** kindly genial

LOVING affectionate passionate romantic sexy warm **tender** cozy responsive thankful appreciative refreshed **pleased** comforted reassured devoted forgiving compassionate amorous **caring**

HIGH ENERGY playful energetic enthusiastic **driven** rejuvenated peppy vivacious talkative **jittery** lively excited pumped motivated **obsessed** determined lusty



HAPPY cheerful delighted elated encouraged glad **gratified** joyful lighthearted overjoyed pleased secure **relieved** satisfied thrilled optimistic

POSITIVE confident proud self-assured collected **secure** assertive composed poised **hopeful** assured unperturbed

SURPRISED bewildered awed amazed stunned shocked jolted enlightened astounded **puzzled** **flabbergasted** bemused stupefied

OVERWHELMED apprehensive **boxed in** burdened confused distressed guarded hard-pressed panicky edge **bewildered** staggered stunned floored stupefied devastated overcame crushed **oppressed** swamped



DISTURBED loopy shocked disturbed injured **traumatized** damaged unloved troubled **perturbed** distressed agitated alarmed bothered **distracted** concerned unsettled haunted **unhinged** dismayed frazzled



ANGRY enraged indignant outraged mad **annoyed** controlled infuriated icy manipulated furious grouchy **grumpy** irritated **provoked** frustrated hateful **sore** cold icy bitter cynical fuming

SAD unhappy crushed dejected **depressed** desperate hopeless grieved heartbroken **despairing** heavy disappointed hopeless gloomy droopy upset inconsolable **weepy** discouraged down troubled dejected **despondent** wretched

ALONE lonely **abandoned** deserted detached cut off isolated disconnected **withdrawn** timid **aloof** standoffish unsociable distant unwanted reclusive reserved avoidant

ANXIOUS distraught tense **nervous** fearful ansty frustrated nauseated jumpy **embarrassed** cautious preoccupied apprehensive restless hyper-vigilant **terrified** worried **scared** ashamed uneasy indecisive

BETRAYED fooled misled tricked **used** deceived revealed **skeptical** uncovered double-crossed duped



ASHAMED mortified embarrassed humiliated sheepish regretful exposed penitent guilty stupid

TIRED exhausted weak depressed weary drained beaten down listless detached **withdrawn** indifferent **apathetic** lazy fatigued sleepy spent bushed low energy bored

DESPISED ridiculed dumb hated belittled **mocked** scorned shamed detested ignored disliked **disfavored**

CONFUSED perplexed mystified bewildered dazed **misunderstood** disoriented stunned distracted befuddled dopey **baffled** disordered confounded punchy **bemused**

DISAPPOINTED disheartened let down **disillusioned** distrustful aggrieved disgruntled unfulfilled **displeased** frustrated disenchanting