

WHAT'S UNDERNEATH?

People are pretty bad at identifying their true feelings.

When asked about our feelings, most people will usually say they feel: bad, sad, mad, good, or fine. But underneath "good, bad, sad, mad, or fine" are many words that better describe how we feel.

Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communication and relationships with others.

Using the prompts below, think of a specific action (this could be something you did, or something someone else did) or event and fill in the blank to identify what's underneath. The feelings list on the back of this page can help you build your mental collection of feelings. This type of activity takes practice, but once you start doing it you'll find it easier over time.

I felt bad when _____ (action or event).
But what I was really feeling was _____, _____, and _____.

I felt sad when _____ (action or event).
But what I was really feeling was _____, _____, and _____.

I felt mad when _____ (action or event).
But what I was really feeling was _____, _____, and _____.

I felt good when _____ (action or event).
But what I was really feeling was _____, _____, and _____.

I felt happy when _____ (action or event).
But what I was really feeling was _____, _____, and _____.

NEGATIVE FEELINGS

Afraid

Nervous
Dread
Frightened
Cowardly
Terrified
Alarmed
Panicked
Suspicious
Worried
Apprehensive

Agitated

Bothered
Disoriented
Uncomfortable
Uneasy
Frenzied
Irritable
Rash
Offended
Disturbed
Troubled
Grumpy
Unsettled
Unnerved
Restless
Upset

Angry

Furious
Livid
Irate
Resentful
Hate
Hostile
Aggressive
Worked up
Provoked
Miffed
Outrage
Defensive

Annoyed

Irritated
Frustrated
Bothered
Impatient
Aggravated
Displeased
Exasperated
Disgruntled
Disturbed
Irrked

Anxious

Shaky
Distressed
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Overwhelmed
Restless
Stressed
Preoccupied
Flustered

Confused

Lost
Disoriented
Puzzled
Chaotic
Uncertain
Stuck
Indecisive
Foggy
Mistrust
Dazed
Baffled
Flustered
Perturbed
Perplexed
Hesitant
Immobilized
Ambivalent
Torn

Disconnected

Lonely
Isolated
Bored
Distant
Removed
Detached
Separate
Broken
Cold
Aloof
Numb
Withdrawn
Rejected
Out-of-place
Apathetic
Indifferent
Misunderstood
Abandoned
Alienated

Disgust

Appalled
Horried
Dislike
Loathing
Disturbed
Repugnant
Contempt
Spiteful
Animosity
Hostile
Bitter

Disorganized

Distracted
Disheveled
Bedraggled
Run-down
Confused
Discombobulated
Disjointed
Displaced
Jumbled
Out of sorts

Embarrassment

Awkward
Self-conscious
Silly
Mortified
Humiliated
Flustered
Chagrined
Ashamed
Put down
Guilty
Disgraced

Envy

Jealous
Rivalry
Competitive
Covetous
Resentful
L longing
Self-conscious
Insecure
Inadequate
Yearning
Nostalgic
Wistful

Helpless

Paralyzed
Weak
Defenseless
Powerless
Invalid
Abandoned
Alone
Incapable
Useless
Inferior
Vulnerable
Empty
Distressed

Pain

Hurt
Remorseful
Regretful
Disappointed
Guilty
Grief
Bereaved
Miserable
Agony
Anguish
Bruised
Crushed
Wounded

Sadness

Heartbroken
Disappointed
Hopeless
Regretful
Depressed
Pessimistic
Melancholy
Sorrowful
Morbid
Heavy-hearted
Low
Blue
Gloomy
Miserable
Despair

Stress

Tension
Pressure
Overwhelmed
Frazzled
Strain
Imbalanced
Worried
Uneasy
Cranky
Distraught
Dissatisfied
Weighed down
Overworked
Pounded
Anxious
Shocked
Frustrated

Tired

Bored
Fatigued
Exhausted
Uninterested
Overworked
Worn out
Fed up
Drained
Weary
Burned out
Lethargic
Beat
Sleepy
Depleted

Vulnerable

Insecure
Shaky
Open
Unsure
Exposed
Unguarded
Sensitive
Unsafe
Inferior
Raw
Weak
Judged
Inadequate

POSITIVE FEELINGS

Admiration

Adoration
Affection
Appreciation
Delight
Fondness
Pleasure
Wonder
Regard
Amazed
Amused

Affectionate

Caring
Friendly
Loving
Sympathetic
Warm
Doting
Soft
Tender
Attached
Compassionate

Confident

Bold
Courageous
Positive
Sure
Fearless
Optimistic
Encouraged
Safe
Powerful
Proud
Satisfied
Trusting
Secure
Brave
Empowered

Excited

Enthusiastic
Delighted
Amazed
Passionate
Amused
Aroused
Alert
Piqued
Astonished
Dazzled
Energetic
Awakened
Eager
Charged

Exhilarated

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

Gratitude

Thankful
Grateful
Moved
Touched
Appreciative
Graceful
Responsive
Recognized
Indebtedness

Included

Engaged
Understood
Appreciated
Accepted
Acknowledged
Affirmed
Recognized
Welcomed
Connected
Supported
Belonging
Heard
Respected
Involved

Intrigued

Absorbed
Fascinated
Interested
Charmed
Entertained
Captivated
Engaged
Engrossed
Curious
Surprised

Joyful

Cheerful
Festive
Heartening
Lighthearted
Upbeat
Glad
Merry
Elated
Enjoyable
Euphoria
Delighted
Jubilant
Hopeful
Tickled
Pleased

Peaceful

Clam
Quiet
Trusting
Fulfilled
Harmonious
Steady
Collected
Composed
Comfortable
Centered
Content
Relieved
Constant
Mellow
Level
Restful
Still
At ease
Satisfied
Relaxed
Clear
Reassured

Refreshed

Stimulated
Replenished
Exhilarated
Reinvigorated
Revived
Enlivened
Restored
Liberated
Lively
Passionate
Vibrant
Rested