

THE VOCABULARY OF FEELINGS³

There are hundreds of words to express or describe feelings. In this book we'll be using only a fraction of them. The following "Vocabulary of Feelings" presents a great variety and number of words used to describe feelings. You may want to study the list and use it to help you expand your own vocabulary so you can speak about your feelings more specifically.

Levels of Intensity	Happy	Caring	Depressed	Inadequate	Fearful
Strong	thrilled on cloud nine ecstatic overjoyed excited elated sensational exhilarated fantastic terrific on top of the world turned on euphoric enthusiastic delighted marvelous great	tenderness toward affection for captivated by attached to devoted to adoration loving infatuated enamored cherish idolize worship	desolate dejected hopeless alienated depressed gloomy dismal bleak in despair empty barren grieved grief despair grim	worthless good for nothing washed up powerless helpless impotent crippled inferior emasculated useless finished like a failure	terrified frightened intimidated horrified desperate panicky terror-stricken stage fright dread vulnerable paralyzed
Moderate	cheerful light-hearted happy serene wonderful up aglow glowing in high spirits jovial riding high elevated neat	caring fond of regard respectful admiration concern for hold dear prize taken with turned on trust close	distressed upset downcast sorrowful demoralized discouraged miserable pessimistic tearful weepy rotten awful horrible terrible blue lost melancholy	inadequate whipped defeated incompetent inept overwhelmed ineffective lacking deficient unable incapable small insignificant like Casper Milquetoast unfit unimportant incomplete no good immobilized	afraid scared fearful apprehensive jumpy shaky threatened distrustful risky alarmed butterflies awkward defensive
Mild	glad good contented satisfied gratified pleasant pleased fine	warm toward friendly like positive toward	unhappy down low bad blah disappointed sad glum	lacking confidence unsure of yourself uncertain weak inefficient	nervous anxious unsure hesitant timid shy worried uneasy bashful embarrassed ill-at-ease doubtful jittery on edge uncomfortable self-conscious

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From: Hammond, D. Corydon, Hepworth, Dean H., and Smith, Veon G. Improving Therapeutic Communication: A Guide for Developing Effective Techniques. San Francisco: Jossey-Bass, 1977.

Levels of Intensity	Confused	Hurt	Angry	Lonely	Guilt-Shame
Strong	puzzled baffled bewildered perplexed trapped confounded in a dilemma befuddled in a quandary full of questions confused	crushed destroyed ruined degraded pain(ed) wounded devastated tortured disgraced humiliated at the mercy of cast off forsaken rejected discarded	furios enraged seething outraged infuriated burned up pissed off lightning mad nauseated violent indignant hatred bitter galled vengeful hateful vicious	isolated abandoned all alone forsaken cut off	sick at heart unforgivable humiliated disgraced degraded horrible mortified exposed
Moderate	mixed-up disorganized foggy troubled adrift lost troubled at loose ends going around in circles disconcerted frustrated flustered in a bind ambivalent disturbed helpless embroiled	hurt belittled shot down overlooked abused depreciated overlooked criticized censured discredited laughed at mistreated ridiculed devalued scorned mocked scoffed at exploited slammed slandered cheapened used	resentful irritated hostile annoyed upset with agitated annoyed mad aggravated offended antagonistic exasperated belligerent mean vexed spiteful vindictive	lonely alienated estranged remote alone apart from others remote insulated from others	ashamed guilty remorseful crummy to blame lost face crummy demeaned
Mild	uncertain unsure bothered undecided	put down neglected overlooked minimized let down unappreciated taken for granted	uptight disgusted bugged turned off put out miffed irked perturbed ticked off teed off chagrined cross dismayed impatient	left out excluded lonesome distant aloof	regretful wrong embarrassed at fault in error responsible for blew it goofed lament