

Vocabulary of Feelings

“The mature person becomes able to differentiate feelings into as many nuances, strong and passionate experiences, or delicate and sensitive ones as in the different passages of music in a symphony.”

~ Rollo May

As we expand our vocabulary of words that describe our feelings, we usually have more depth in how we experience life and relationships. The feelings are grouped to make it easier to locate and understand nuances to similar feelings:

Compassionate Caring Affectionate Empathetic	Thankful Grateful Moved Touched	Calm Peaceful Serene Clear-headed Mellow	Happy Pleased Glad Tickled Good
Secure Safe Trustful Protected	Hopeful Encouraged Optimistic Enthusiastic Expectant	Interested Intrigued Spellbound Involved Inspired	Amazed Thrilled Fascinated Energized Blissful
Rested Restored Refreshed Fulfilled	Joyful Jubilant Full Praiseful Vibrant	Tender Warm Soft-hearted Sympathetic Friendly	Curious Puzzled Wonder Engrossed Aroused
Loving Passionate Sentimental	Surprised Delighted Giddy	Still Quiet Tranquil	Content Satisfied Nourished
Confident Proud Capable Empowered Accomplished	Relieved Settled Relaxed Revived	Connected Centered Grounded Comfortable	Open Balanced Mellow Harmonious
Playful Fun-loving Silly Amused Entertained Lively	Astonished Energetic Exuberant Enamored Enchanted	Excited Enlivened Invigorated Ecstatic Animated Jubilant	Absorbed Engaged Eager Aroused Alert
Healed Embraced Understood	Attracted Smitten In Awe	Renewed Radiant Replenished	Melancholy Ambivalent Gloomy
Shocked Surprised Enlightened	Longing Nostalgic Yearning	Sensitive Reserved	Add your own:

Stressed Anxious Tense Agitated Jittery Frazzled	Confused Uncertain Perplexed Mystified Baffled Dazed	Frustrated Impatient Irrked Disgruntled Exasperated Aggravated	Resentful Annoyed Irritated Dismayed Perturbed Chaotic
Worried Concerned Suspicious Wary Mistrustful Distraught	Angry Enraged Mad Disgusted Contempt	Hateful Mean-spirited Nasty Dislike Animosity Appalled	Furious Incensed Irate Outraged Livid Indignant
Burnt Out Fatigued Beat Depleted	Tired Sleepy Blah Weary Lethargic	Bored Restless Complacent Uninterested Listless	Unsettled Restless Uncomfortable Uneasy Flustered
Embarrassed Guilty Mortified Chagrined	Discouraged Troubled Hopeless Terrible	Hurt Grief Heartbroken Pain	Lonely Withdrawn Alienated Isolated
Sad Unhappy Displeased Gloomy Sorrow	Depressed Despair Despondent Heavy-hearted Anguished	Moody Blue Tearful Weepy Grumpy	Vulnerable Guarded Helpless Insecure Fragile
Tempted Helpless	Envious Jealous	Ashamed Self-conscious	Disappointed Disheartened
Miserable Forlorn Terrible	Skeptical Doubtful Suspicious	Disconnected Detached Removed	Reluctant Hesitant Leery
Petrified Frightened Panicked Terrified	Afraid Fearful Apprehensive Scared	Lost Bewildered Apathetic Listless	Discombobulated Disconnected Edgy Out of Control
Numb Indifferent Aloof	Overwhelmed Exhausted Worn out	Cold Unfeeling Apathetic	Regretful Remorseful Turbulent
Conflicted Torn	Rejected Dejected	Upset Cranky	Add your own: