

FEELINGS - CONNECTING & BUILDING A VOCABULARY

Matching Words to explore Emotions when Needs, Values or Virtues are **NOT** Met

Admired	Uneasy	Enraged	Agonising	Resigned
Deflated	Unnerved	Envious	Anguished	Sad
Embarrassed	Unsteady	Exasperated	Anxious	Shut down
Guilt	Unwilling	Fed-up	Blah	Sombre
Insecure	Wary	Frustrated	Bored	Sorrowful
Mortified	Worried	Furious	Broken Hearted	Sullen
Regretful		Grouchy	Crestfallen	Wounded
Useless		Hate	Dejected	Wrecked
		Horried	Depressed	Tense
		Hostile	Despairing	Tired
		Impatient	Despondent	Torn-up
	Aggravated	Indifferent	Detached	Weary
	Agitated	Indignant	Discouraged	Withdrawn
	Alarmed	Influriated	Disatisfied	
	Alienated	Irate	Distressed	
Afraid	Allof	Irked	Downhearted	
Apprehensive	Amazed	Irritated	Drenary	
Cautious	Antagonistic	Jealous	Exhausted	Ambivalent
Dreadful	Annoyed	Judgmental	Fatigued	Bewildered
Fearful	Angry	Mad	Forlorn	Confused
Frantic	Appalled	Mean	Gloomy	Doubtful
Guarded	Apathetic	Miffed	Grief stricken	Hesitant
Hesitant	Apprehensive	Outraged	Grief	Mystified
Insecure	Aroused	Peaved	Heartbroken	Perplexed
Ittery	Arrogant	Perplexed	Heavy	Uncertain
Nervous	Aversion	Pitying	Hopeless	Unclear
Panicky	Bitter	Pricky	Hurt	Undecided
Reluctant	Callous	Repugnance	Lethargic	
Resistant	Cold	Repulsion	Longing	
Sad	Contemptuous	Resentful	Loney	
Scared	Cranky	Skeptical	Melancholic	Yearning
Sensitive	Credulous	Shocked	Miserable	Desirous
Shaky	Critical	Sour	Mopey	Hungry
Shy	Cross	Surprised	Monose	Listless
Startled	Detached	Ticked Off	Numb	
Suspicious	Disappointed	Upset	Pained	
Tentative	Disdainful	Uptight	Pessimistic	
Terrified	Disgusted	Vengeful		
Terror	Edgy	Vexed		
Timid		Vindictive		

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*inspired by Dr. Marshall Rosenberg, Author of Nonviolent Communication, and Moshe Feldenkrais, Feldenkrais Method.