

WHAT'S UNDERNEATH?

Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communications 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 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 _____.

POSITIVE FEELINGS

Admiration

Adoration
Affection
Appreciation
Delight
Fondness
Pleasure
Regard
Amazement

Affectionate

Caring
Friendly
Loving
Sympathetic
Warm
Doting
Tender
Attached
Compassionate

Confident

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

Excited

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

Exhilarated

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

Gratitude

Thankful
Grateful
Moved
Touched
Appreciative
Recognized
Indebtedness

Included

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

Intrigued

Absorbed
Fascinated
Interested
Charmed
Entertained
Captivated
Engaged
Engrossed
Curious
Surprised

Joyful

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

Peaceful

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

Refreshed

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

NEGATIVE FEELINGS

Afraid

Nervous
Dread
Frightened
Cowardly
Terrified
Alarmed
Panicked
Suspicious
Worried
Apprehensive

Agitated

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

Angry

Furious
Livid
Irate
Resentful
Hateful
Hostile
Aggressive
Worked up
Provoked
Outraged
Defensive

Anxious

Shaky
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Overwhelmed
Restless
Preoccupied
Flustered

Confusion

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

Disconnected

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Withdrawn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

Disgust

Appalled
Horried
Disturbed
Repugnant
Contempt
Spiteful
Animosity
Hostile
Bitter

Embarrassment

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

Envy

Jealous
Competitive
Covetous
Resentful
Longing
Insecure
Inadequate
Yearning

Helpless

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

Pain

Remorseful
Regretful
Disappointed
Guilty
Grief
Miserable
Agony
Anguish
Bruised
Crushed

Sadness

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

Stress

Overwhelmed
Frazzled
Uneasy
Cranky
Distraught
Dissatisfied
Weighed down
Overworked
Anxious
Shocked
Frustrated

Tired

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

Vulnerable

Insecure
Exposed
Unguarded
Sensitive
Unsafe
Inferior
Weak
Judged
Inadequate