

# Feelings List

There are different theories about feelings. My favorite one is that we are wired for only three basic feeling states. These are: joy, hurt, and fear. A fourth category, anger, exists but it is considered a *secondary emotion*, because it arises as a result of something that happens first. We rise into anger because we feel either hurt or fear first; we feel in a one-down position. Anger gives us the energy to move from a one-down position to an equal encounter again. Our anger becomes destructive when it moves us from a one-down to a one-up position; that is, if we use our anger to hurt or scare someone else in turn.

Use this list together with the Feeling Inventory to get to know your feeling states better.

## The Three + One Feeling States

### Joy

joyful  
happy  
excited  
elated  
exuberant  
ecstatic  
terrific  
jubilant  
alive  
energized  
thrilled  
enthusiastic  
delighted  
optimistic  
cheerful  
proud  
relieved  
grateful  
content  
relaxed  
glad  
calm  
satisfied  
encouraged  
assured  
reassured  
determined

### Hurt

unhappy  
sad  
hopeless  
sorrowful  
depressed  
wounded  
worthless  
mortified  
lonely  
defeated  
crushed  
miserable  
gloomy  
dismal  
down  
discouraged  
disappointed  
disillusioned  
ashamed  
humiliated  
inadequate  
distant  
lost  
empty  
sorry  
regretful  
remorseful

### Fear

fearful  
frightened  
scared  
afraid  
terrified  
panicky  
frantic  
hysterical  
frenzied  
threatened  
shocked  
worried  
anxious  
uptight  
tense  
uneasy  
insecure  
skeptical  
doubtful  
distrustful  
suspicious  
reluctant  
concerned  
unsure  
overwhelmed  
defensive  
guilty

### Anger

angry  
livid  
mad  
irate  
furious  
enraged  
hateful  
seething  
vengeful  
hostile  
incensed  
infuriated  
resentful  
disgusted  
intolerant  
offended  
slighted  
snubbed  
irritated  
aggravated  
frustrated  
betrayed  
smothered  
bitter  
indignant  
annoyed  
agitated