

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