

FEELING WORD VOCABULARY

Happy	Sad	Angry	Confused	Scared	Weak	Strong
aglow	angry	aggravated	abashed	affrighted	confused	able
alive	apathetic	agitated	addled	afraid	deathly	active
amused	bad	anguished	anxious	aghast	deflated	adequate
anxious	blue	annoyed	baffled	alarmed	defective	aggressive
blissful	burdened	blustery	befuddled	anxious	defenseless	angry
bubbly	crushed	burned up	bewildered	appalled	deficient	assured
calm	deflated	critical	bothered	apprehensive	delicate	bold
cheerful	dejected	cross	chaotic	awed	disabled	brave
compassion	despairing	cutting	confounded	chicken	dull	capable
content	despondent	disgruntled	crazy	confused	exhausted	confident
delighted	depressed	disgusted	dazed	daunted	exposed	consistent
ecstatic	disappointed	dismayed	depressed	displeasure	feeble	courageous
elated	disenchanted	displeased	deranged	distrustful	fragile	determined
enthralled	distressed	distraught	disconcerted	fearful	frail	durable
excited	disturbed	distressed	dismayed	frightened	frustrated	enduring
exuberant	down	disturbed	disordered	harassed	gentle	energetic
feel good	downcast	enraged	disorganized	horrified	helpless	everlasting
felicitous	downhearted	exasperated	disoriented	insecure	ill	fierce
fine	downtrodden	fed up	distracted	intimidated	impotent	firm
fortunate	drab	fierce	distraught	jumpy	inadequate	forceful
full of life	dreary	fiery	disturbed	leery	incapable	formidable
gay	dull	frantic	doubtful	lonely	inconsistent	full of spirit
giddy	embarrassed	frenzied	embarrassed	meek	ineffective	glorious
glad	emotional	frustrated	flabbergasted	nervous	inferior	happy to be
gleeful	feeling	furious	flustered	panic-stricken	insecure	hardy
good	unwanted	hateful	foggy	panicky	irresolute	hate
great	forlorn	hostile	forgetful	petrified	lacking	healthy
joyful	gloomy	hot-tempered	frustrated	rattled	laid low	herculean
jubilant	glum	in a stew	helpless	shaky	languid	impregnable
lighthearted	grave	incensed	helter skelter	shy	lethargic	independent
love	hate	indignant	hopeless	spooked	lifeless	indestructible
lucky	heavy-hearted	inflamed	jumbled	startled	lost	intense
marvelous	hopeless	infuriated	together	stunned	meager	invincible
memorable	hurt	intense	left out	terrified	mild	loud
merry	lonely	irate	lost	terrorized	pale	love
motherly	lost	irked	mazed	threatened	passive	mean
overjoyed	low	irritated	mistaken	timid	powerless	mighty
peaceful	low spirits	livid	misunderstood	timorous	puny	muscular
pleasant	melancholy	mad	mixed up	tormented	quiet	opinionated
pleased	miserable	madness	muddled	tremulous	retiring	overwhelming
proud	mistrustful	mean	nonplused	uneasy	run-down	penetrating
relieved	moody	miffed	obscure	unpleasant	shaky	positive
satisfied	morose	outraged	out-of-it	unstrung	sickly	potent
smiley	mournful	perturbed	panicky	unsure	soft	powerful
thankful	negative	provoked	perplexed	worried	spineless	productive
thrilled	painful	rage	puzzled		stale	quick
tranquil	pitiful	raving	scatterbrained		submissive	rage
turned on	plaintive	revengeful	surprised		subtle	reliable
uplifted	remorseful	riled	trapped		timid	resistant
wonderful	self-pitying	seething	troubled		unable	robust
	sober	sore	uncertain		unable to cope	secure
	somber	spiteful	uncomfortable		unconvincing	solid
	sorrowful	stormy	uncomposed		under	stalwart
	sorry	temper	undecided		nourished	staunch
	terrible	troubled	unsettled		unfit	stout
	turned off	uncontrollable	unsure		unhinged	super
	uneasy	unrestrained	untogether		unsound	surviving
	unhappy		upset		unstable	vibrant
	unloved		vague		unsure	violent
	unpleasant		weak		useless	well-being
	unwanted				vulnerable	zealous
	upset				wish-washy	
	woeful				wobbly	
					worn out	

How to Productively Use This Feeling Word Chart

When we access our spiritual heart we do so in a very different way than accessing our intellect. Our heart's interface is pictures – on our “image-maker”. When we see pictures or movies they often elicit feelings. Learning to identify and accurately name those feeling is an important step in understanding “The Way of the Heart”.

I found it helpful to have my wife (or a friend) ask me what I am currently feeling (maybe when watching a movie or experiencing something fun or exciting). They then listen to see if I use a feeling word or a thought. If I use a thought they ask me the same question again: How do you “feel” about what you are seeing or experiencing?” When I first started developing the ability to feel I almost always communicated my thought process rather than what I was feeling. Thoughts come from the intellect, while feelings come from the heart. When someone says: “I feel like...” usually, the next word out of their mouth is a thought rather than a feeling.

I had copies of this sheet in strategic places so I would always have one handy as I learned to share my feelings. One was on my deck under my calendar, on the fridge, in the bathroom on my mirror, folded up in my wallet and in my car. It took a while to transition into becoming comfortable talking about my feelings.

Another way to help access your feelings is to notice where you are experiencing a feeling in your body. Some may feel tension in their forehead, or there back; another may feel tension in their lower stomach or gut. There is no right or wrong place – it just further helps to identify and get used to noticing what is happening in your body around feelings.

We can all remember the feelings of being in love. That is a great place to start, or remember how it felt when you got a new bike or lost a pet. The more you recognize what you are experiencing the quicker and more accurately you will access your heart.

The top word on each of the seven columns describe the meanings of the words below them. If you can identify a feeling with the first word then read down that column until you find a word that accurately fits the feeling you are experiencing. The better you get at identifying your feeling the more useful the chart with become.

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