

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	Exhilarated Blissful Ecstatic Elated Enthralled Exuberant Radiant Rapturous Thrilled	Joyful Cheerful Festive Lighthearted Upbeat Glad Merry Elated Delighted Jubilant Hopeful Tickled Pleased
Affectionate Caring Friendly Loving Sympathetic Warm Doting Tender Attached Compassionate	Gratitude Thankful Grateful Moved Touched Appreciative Recognized Indebtedness	Peaceful Calm Quiet Trusting Fulfilled Steady Collected Composed Comfortable Centered Content Relieved Mellow Level Restful Still At ease Satisfied Relaxed Clear Reassured
Confident Bold Courageous Positive Fearless Optimistic Encouraged Powerful Proud Trusting Secure Brave Empowered	Included Engaged Understood Appreciated Accepted Acknowledged Affirmed Recognized Welcomed Connected Supported Heard Respected Involved	Refreshed Stimulated Replenished Exhilarated Reinvigorated Revived Enlivened Restored Liberated Lively Passionate Vibrant Rested
Excited Enthusiastic Delighted Amazed Passionate Aroused Alert Astonished Dazzled Energetic Awakened Eager Charged	Intrigued Absorbed Fascinated Interested Charmed Entertained Captivated Engaged Engrossed Curious Surprised	

NEGATIVE FEELINGS

Afraid Nervous Dread Frightened Cowardly Terrified Alarmed Panicked Suspicious Worried Apprehensive	Confusion Lost Disoriented Puzzled Chaotic Uncertain Stuck Indecisive Foggy Dazed Baffled Flustered Perturbed Perplexed Hesitant Immobilized Ambivalent Torn	Embarrassment Awkward Self-conscious Silly Mortified Humiliated Flustered Chagrined Ashamed Put down Guilty Disgraced	Sadness Heartbroken Disappointed Hopeless Regretful Depressed Pessimistic Melancholy Sorrowful Heavy-hearted Low Gloomy Miserable
Agitated Bothered Uncomfortable Uneasy Frenzied Irritable Offended Disturbed Troubled Unsettled Unnerved Restless Upset	Disconnected Lonely Isolated Bored Distant Removed Detached Separate Broken Aloof Numb Withdrawn Rejected Out-of-place Indifferent Misunderstood Abandoned Alienated	Envy Jealous Competitive Covetous Resentful Longing Insecure Inadequate Yearning	Stress Overwhelmed Frazzled Uneasy Cranky Distraught Dissatisfied Weighed down Overworked Anxious Shocked Frustrated
Angry Furious Livid Irate Resentful Hateful Hostile Aggressive Worked up Provoked Outraged Defensive	Helpless Paralyzed Weak Defenseless Powerless Invalid Abandoned Alone Incapable Useless Inferior Vulnerable Empty Distressed		Tired Bored Fatigued Exhausted Uninterested Worn out Fed up Drained Weary Burned out Lethargic Sleepy Depleted
Anxious Shaky Distraught Edgy Fidgety Frazzled Lively Jittery Overwhelmed Restless Preoccupied Flustered	Disgust Appalled Horried Disturbed Repugnant Contempt Spiteful Animosity Hostile Bitter	Pain Remorseful Regretful Disappointed Guilty Grief Miserable Agony Anguish Bruised Crushed	Vulnerable Insecure Exposed Unguarded Sensitive Unsafe Inferior Weak Judged Inadequate