

Emotions Worksheet

The following exercise was developed by Douglas Weiss and the Heart to Heart Counseling Center in Colorado Springs, Colorado.

To use it, pick an emotion at random (I actually keep numbers in a box at my desk for people to draw from when doing this exercise, to help keep the selections random). Insert that emotion in the two statements below. This will help you to get more in touch with your full range of emotions and learn to better communicate them with others. Do five to ten of these a day until you are able to identify and communicate your full range of feelings in every situation.

If you are doing this exercise with someone else (a spouse, counselor, or trusted friend), be sure to not use the other person as an example, keep eye contact, and make a rule that there will be no feedback for your statements (the purpose of this exercise is not to judge or heal or correct any emotions—it's just to identify and communicate them). Take turns sharing with each other.

It often helps to have a dictionary nearby when doing this exercise to be sure you understand the full meaning of each emotion. Try your best to answer each one honestly, even if it's difficult. Do understand, however, that not everyone has felt every emotion in this list (for example, some men may not ever remember feeling "beautiful"), so if you get stuck or simply have not experienced a particular feeling, just move on to the next one.

Read the following statements with the feeling you've chosen from the list on the following pages . . .

- 1. I feel (*put feeling word here*) when (*put a present situation when you feel this*).**
- 2. I first remember feeling (*put the same feeling word here*) when (*explain your earliest occurrence of this feeling*).**

Feelings:

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|--------------|------------------|----------------|
| 1. Abandoned | 7. Admired | 13. Aloof |
| 2. Abused | 8. Adored | 14. Aggravated |
| 3. Aching | 9. Adventurous | 15. Agreeable |
| 4. Accepted | 10. Affectionate | 16. Aggressive |
| 5. Accused | 11. Agony | 17. Alive |
| 6. Accepting | 12. Alienated | 18. Alone |

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| 19. Alluring | 48. Beaten | 77. Certain |
| 20. Amazed | 49. Beautiful | 78. Chased |
| 21. Amused | 50. Belligerent | 79. Cheated |
| 22. Angry | 51. Belittled | 80. Cheerful |
| 23. Anguished | 52. Bereaved | 81. Childlike |
| 24. Annoyed | 53. Betrayed | 82. Choked up |
| 25. Anxious | 54. Bewildered | 83. Close |
| 26. Apart | 55. Blamed | 84. Cold |
| 27. Apathetic | 56. Blaming | 85. Comfortable |
| 28. Apologetic | 57. Bonded | 86. Comforted |
| 29. Appreciated | 58. Bored | 87. Competent |
| 30. Appreciative | 59. Bothered | 88. Competitive |
| 31. Apprehensive | 60. Brave | 89. Complacent |
| 32. Appropriate | 61. Breathless | 90. Complete |
| 33. Approved | 62. Bristling | 91. Confident |
| 34. Argumentative | 63. Broken up | 92. Confused |
| 35. Aroused | 64. Bruised | 93. Considerate |
| 36. Astonished | 65. Bubbly | 94. Consumed |
| 37. Assertive | 66. Burdened | 95. Content |
| 38. Attached | 67. Burned | 96. Cool |
| 39. Attacked | 68. Callous | 97. Courageous |
| 40. Attentive | 69. Calm | 98. Courteous |
| 41. Attractive | 70. Capable | 99. Coy |
| 42. Aware | 71. Captivated | 100. Crabby |
| 43. Awestruck | 72. Carefree | 101. Cranky |
| 44. Badgered | 73. Careful | 102. Crazy |
| 45. Baited | 74. Careless | 103. Creative |
| 46. Bashful | 75. Caring | 104. Critical |
| 47. Battered | 76. Cautious | 105. Criticized |

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| 106. Cross | 135. Disinterested | 164. Fascinated |
| 107. Crushed | 136. Dispirited | 165. Feisty |
| 108. Cuddly | 137. Distressed | 166. Ferocious |
| 109. Curious | 138. Distrustful | 167. Foolish |
| 110. Cut | 139. Distrusted | 168. Forced |
| 111. Damned | 140. Disturbed | 169. Forceful |
| 112. Dangerous | 141. Dominated | 170. Forgiven |
| 113. Daring | 142. Domineering | 171. Forgotten |
| 114. Dead | 143. Doomed | 172. Free |
| 115. Deceived | 144. Doubtful | 173. Friendly |
| 116. Deceptive | 145. Dreadful | 174. Frightened |
| 117. Defensive | 146. Eager | 175. Frustrated |
| 118. Delicate | 147. Ecstatic | 176. Full |
| 119. Delighted | 148. Edgy | 177. Funny |
| 120. Demeaned | 149. Edified | 178. Furious |
| 121. Demoralized | 150. Elated | 179. Gay |
| 122. Dependent | 151. Embarrassed | 180. Generous |
| 123. Depressed | 152. Empowered | 181. Gentle |
| 124. Deprived | 153. Empty | 182. Genuine |
| 125. Deserted | 154. Enraged | 183. Giddy |
| 126. Desirable | 155. Enraptured | 184. Giving |
| 127. Desired | 156. Enthusiastic | 185. Goofy |
| 128. Despair | 157. Enticed | 186. Grateful |
| 129. Despondent | 158. Esteemed | 187. Greedy |
| 130. Destroyed | 159. Exasperated | 188. Grief |
| 131. Different | 160. Excited | 189. Grim |
| 132. Dirty | 161. Exhilarated | 190. Grimy |
| 133. Disenchanted | 162. Exposed | 191. Grouchy |
| 134. Disgusted | 163. Fake | 192. Grumpy |

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| 193. Hard | 222. Innocent | 251. Maudlin |
| 194. Harried | 223. Insignificant | 252. Malicious |
| 195. Hassled | 224. Insincere | 253. Mean |
| 196. Healthy | 225. Isolated | 254. Miserable |
| 197. Helpful | 226. Inspired | 255. Misunderstood |
| 198. Helpless | 227. Insulted | 256. Moody |
| 199. Hesitant | 228. Interested | 257. Morose |
| 200. High | 229. Intimate | 258. Mournful |
| 201. Hollow | 230. Intolerant | 259. Mystified |
| 202. Honest | 231. Involved | 260. Nasty |
| 203. Hopeful | 232. Irate | 261. Nervous |
| 204. Hopeless | 233. Irrational | 262. Nice |
| 205. Horrified | 234. Irked | 263. Numb |
| 206. Hostile | 235. Irresponsible | 264. Nurtured |
| 207. Humiliated | 236. Irritable | 265. Nuts |
| 208. Hurried | 237. Irritated | 266. Obsessed |
| 209. Hurt | 238. Isolated | 267. Offended |
| 210. Hyper | 239. Jealous | 268. Open |
| 211. Ignorant | 240. Jittery | 269. Ornery |
| 212. Ignored | 241. Joyous | 270. Out of control |
| 213. Immature | 242. Lively | 271. Overcome |
| 214. Impatient | 243. Lonely | 272. Overjoyed |
| 215. Important | 244. Loose | 273. Overpowered |
| 216. Impotent | 245. Lost | 274. Overwhelmed |
| 217. Impressed | 246. Loving | 275. Pampered |
| 218. Incompetent | 247. Low | 276. Panicked |
| 219. Incomplete | 248. Lucky | 277. Paralyzed |
| 220. Independent | 249. Lustful | 278. Paranoid |
| 221. Insecure | 250. Mad | 279. Patient |

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| 280. Peaceful | 309. Relaxed | 338. Self-centered |
| 281. Pensive | 310. Relieved | 339. Self-conscious |
| 282. Perceptive | 311. Remarkable | 340. Selfish |
| 283. Perturbed | 312. Remembered | 341. Separated |
| 284. Phony | 313. Removed | 342. Sensuous |
| 285. Pleasant | 314. Repulsed | 343. Sexy |
| 286. Pleased | 315. Repulsive | 344. Shattered |
| 287. Positive | 316. Resentful | 345. Shocked |
| 288. Powerless | 317. Resistant | 346. Shot down |
| 289. Present | 318. Responsible | 347. Shy |
| 290. Precious | 319. Responsive | 348. Sickened |
| 291. Pressured | 320. Repressed | 349. Silly |
| 292. Pretty | 321. Respected | 350. Sincere |
| 293. Proud | 322. Restless | 351. Sinking |
| 294. Pulled apart | 323. Revolved | 352. Smart |
| 295. Put down | 324. Riled | 353. Smothered |
| 296. Puzzled | 325. Rotten | 354. Smug |
| 297. Quarrelsome | 326. Ruined | 355. Sneaky |
| 298. Queer | 327. Sad | 356. Snowed |
| 299. Quiet | 328. Safe | 357. Soft |
| 300. Raped | 329. Satiated | 358. Solid |
| 301. Ravished | 330. Satisfied | 359. Solitary |
| 302. Ravishing | 331. Scared | 360. Sorry |
| 303. Real | 332. Scolded | 361. Spacey |
| 304. Refreshed | 333. Scorned | 362. Special |
| 305. Regretful | 334. Scrutinized | 363. Spiteful |
| 306. Rejected | 335. Secure | 364. Spontaneous |
| 307. Rejuvenated | 336. Seduced | 365. Squelched |
| 308. Rejecting | 337. Seductive | 366. Starved |

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| 367. Stiff | 396. Tormented | 425. Used |
| 368. Stimulated | 397. Torn | 426. Useful |
| 369. Stifled | 398. Tortured | 427. Useless |
| 370. Strangled | 399. Touched | 428. Unworthy |
| 371. Strong | 400. Trapped | 429. Validated |
| 372. Stubborn | 401. Tremendous | 430. Valuable |
| 373. Stuck | 402. Tricked | 431. Valued |
| 374. Stunned | 403. Trusted | 432. Victorious |
| 375. Stupid | 404. Trustful | 433. Violated |
| 376. Subdued | 405. Trusting | 434. Violent |
| 377. Submissive | 406. Ugly | 435. Voluptuous |
| 378. Successful | 407. Unacceptable | 436. Vulnerable |
| 379. Suffocated | 408. Unapproachable | 437. Warm |
| 380. Sure | 409. Unaware | 438. Wary |
| 381. Sweet | 410. Uncertain | 439. Weak |
| 382. Sympathy | 411. Uncomfortable | 440. Whipped |
| 383. Tainted | 412. Under control | 441. Whole |
| 384. Tearful | 413. Understanding | 442. Wicked |
| 385. Tender | 414. Understood | 443. Wild |
| 386. Tense | 415. Undesirable | 444. Willing |
| 387. Terrific | 416. Unfriendly | 445. Wiped out |
| 388. Terrified | 417. Ungrateful | 446. Wishful |
| 389. Thrilled | 418. Unified | 447. Withdrawn |
| 390. Ticked | 419. Unhappy | 448. Wonderful |
| 391. Tickled | 420. Unimpressed | 449. Worried |
| 392. Tight | 421. Unsafe | 450. Worthy |
| 393. Timid | 422. Unstable | 451. Wounded |
| 394. Tired | 423. Upset | 452. Young |
| 395. Tolerant | 424. Uptight | 453. Zapped |