

FEELING WORDS

As you are learning to attune to your spouse and understand both of your feelings more completely, this chart will be helpful in allowing you to understand and communicate your feelings better.

The best way to use this chart is always start with the main categories, the column headings. One one you may say to the other, "I'm feeling mad about how I was treated today." Then one or both of you can try to discern a bit more exactly what kind of "mad" you are experiencing by moving to the words under mad. Keep in mind that if either of you are feeling an emotion towards each other that is in the bottom half of the list (any column), that is a bit of a red flag and something you should get help working through so it does not fester.

Mad		Sad	Glad	Afraid	Confused	Ashamed		Lonely
Bothered	A Little	Down	At ease	Uneasy	Curious	Uncomfortable	A Little	Out of place
Ruffled		Blue	Secure	Apprehensive	Uncertain	Awkward		Left out
Irritated		Somber	Comfortable	Careful	Ambivalent	Clumsy		Unheeded
Displeased		Low	Relaxed	Cautious	Doubtful	Self-conscious		Lonesome
Annoyed		Glum	Contented	Hesitant	Unsettled	Disconcerted		Disconnected
Steamed		Lonely	Optimistic	Tense	Hesitant	Chagrined		Remote
Irked		Disappointed	Satisfied	Anxious	Perplexed	Abashed		Invisible
Perturbed		Worn out	Refreshed	Nervous	Puzzled	Embarrassed		Unwelcome
Frustrated		Melancholy	Stimulated	Edgy	Muddled	Flustered		Cut off
Angry		Downhearted	Pleased	Distressed	Distracted	Sorry		Excluded
Fed up		Unhappy	Warm	Scared	Flustered	Apologetic		Insignificant
Disgusted		Dissatisfied	Snug	Frightened	Jumbled	Ashamed		Ignored
Indignant		Gloomy	Happy	Repulsed	Unfocused	Regretful		Neglected
Ticked off		Mournful	Encouraged	Agitated	Fragmented	Remorseful		Separated
Bristling		Grieved	Tickled	Afraid	Dismayed	Guilty		Removed
Fuming	Depressed	Proud	Shocked	Insecure	Disgusted	Detached		
Explosive	Lousy	Cheerful	Alarmed	Dazed	Belittled	Isolated		
Enraged	Crushed	Thrilled	Overwhelmed	Bewildered	Humiliated	Unwanted		
Irate	Defeated	Delighted	Frantic	Lost	Violated	Rejected		
Incensed	Dejected	Joyful	Panic stricken	Stunned	Dirty	Deserted		
Burned	Empty	Elated	Horrified	Chaotic	Mortified	Outcast		
Burned up	Wretched	Exhilarated	Petrified	Torn	Defiled	Abandoned		
Outraged	Despairing	Overjoyed	Terrified	Baffled	Devastated	Desolate		
Furious	A Lot	Devastated	Ecstatic	Numb	Dumbfounded	Degraded	A Lot	Forsaken