

## LIST OF EMOTIONS

Some of our clients find it easier to identify their own emotions if they can refer to them on a list. Below is a list of emotions which are generally experienced as positive (in the sense that it empowers you) and 'negative (in the sense that it disempowers you). Write me at [bvanroon@innerpath.nl](mailto:bvanroon@innerpath.nl) to suggest emotions you would like to see added.

NEGATIVE

A burden	Irritated	Amused	Kind
Abandoned	Isolated	Assertive	Liked
Afraid	Jealous	Astonished	Lucky
Alone	Less than Mad	Balanced	Longing
Angry	My fault	Beautiful	Loved
Annoyed	Nervous	Bliss	Loving
Anxious	Not good enough	Brave	Masterful
Apprehensive	Not heard	Calm	Mindful
Ashamed	Not lovable	Capable	Open
Bad	Not loved	Caring	Optimistic
Bored	On the outside	Centered	Passion
Burdened	Powerless	Cheerful	Peaceful
Confused	Rejected	Comfort	Pity
Contempt	Resentful	Compassion	Pleased
Defeated	Responsible Ridiculed	Complete	Pleasure
Defective	Sad	Connected	Powerful
Denigrated	Scared	Content	Present
Despairing	Shocked	Courageous	Proud
Desperate	Sold out	Delighted	Protected
Dirty	Stressed	Desire	Purposeful
Disappointed	Stuck	Elated	Quiet
Discouraged	Stupid	Empathy	Relaxed
Disgusted	Terrified	Energised	Relieved
Dismissed	Tense	Empowered	Respected
Disposable	Tired	Euphoric	Rooted
Distrustful	Trapped	Excited	Safe
Embarrassed	Ugly	Faith	Satisfied
Enraged	Unacceptable	Flow	Seen
Failure	Unease	Friendliness	Serene
Fear	Unsafe	Gentle	Stable
Frightened	Unwanted	Glad	Strong
Flawed	Unworthy	Grateful	Surprised
Frustrated	Used	Happy	Sympathy
Grief-stricken	Vigilant	Harmonious	Tenderness
Gross	Vulnerable	Heard	Triumphant
Guilty	Worried	Hopeful	Trust
Hateful	<u>POSITIVE</u>	Honoured	Valued
Helpless	Accepted	Humble	Wise
Hopeless	Accepting	Included	Whole
Humiliated	Affection	Inspired	Worthy
Hurt	Alert	Intelligent	
Invisible	Amazed	Invincible	
		Joyful	