

Tools & Techniques

By naming your emotions precisely you provide yourself with the opportunity to:

- Restore hope to your inner man wherever your core needs aren't feeling fully met.
- Let your innermost being feel comfort by being seen, heard, understood, and accepted.
- Begin retraining your brain to respond vs. react to the events that prompt your emotions.

Examine this list of emotions whenever you are triggered or flooded emotionally. Choose words that best express your feelings. Process your situation by:

- Journaling
- Using the handout "Tools & Techniques: I Feel But God Says,"
- Asking Holy Spirit, the Spirit of Truth, to guide you into biblical truth that will bring freedom and wholeness as you meditate on it over time.

Acceptance	Claustrophobic	Elation
Admiration	Comfortable	Embarrassment
Adoration	Confident	Empathy
Affection	Confusion	Enchanted
Afraid	Contempt	Enjoyment
Agitation	Content	Enlightened
Agony	Courage	Enthusiasm
Aggressive	Cowardly	Envy
Alarm	Cruelty	Epiphany
Alienation	Curiosity	Euphoria
Amazement	Cynicism	Exasperated
Ambivalence	Dazed	Excitement
Amusement	Delighted	Expectancy
Anger	Demoralized	Fascination
Anguish	Depressed	Fear
Annoyed	Desire	Focused
Anticipating	Despair	Fondness
Anxious	Determined	Fright
Apathy	Disappointment	Frustrated
Apprehension	Disbelief	Fury
Arrogant	Discombobulated	Glee
Assertive	Discomfort	Gloomy
Astonished	Discontentment	Glumness
Attentiveness	Disgruntled	Gratitude
Attraction	Disgust	Greed
Aversion	Disheartened	Grief
Awe	Dislike	Grouchiness
Baffled	Dismay	Grumpiness
Betrayed	Disoriented	Guilt
Bewildered	Dispirited	Happiness
Bitter	Displeasure	Hate
Bitter sweetness	Distraction	Helpless
Bliss	Distress	Homesickness
Bored	Disturbed	Hope
Brooding	Dominant	Hopeless
Calm	Doubt	Horried
Carefree	Dread	Hospitable
Careless	Driven	Humiliation
Caring	Dumbstruck	Humility
Charity	Eagerness	Hurt
Cheerfulness	Ecstasy	Hysteria

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Idleness	Panicked	Shame
Impatient	Paranoid	Shameless
Indifference	Passion	Shocked
Indignant	Patience	Smug
Infatuation	Pensiveness	Sorrow
Infuriated	Perplexed	Spite
Insecurity	Persevering	Stressed
Insightful	Pessimism	Strong
Insulted	Pity	Stubborn
Interest	Pleased	Stuck
Intrigued	Positive	Submissive
Irritated	Possessive	Suffering
Isolated	Powerless	Sullenness
Jealousy	Pride	Surprise
Joy	Puzzled	Suspense
Jubilation	Rage	Suspicious
Kind	Rash	Sympathy
Lazy	Rattled	Tenderness
Liking	Regret	Tension
Loathing	Rejected	Terror
Lonely	Relaxed	Thankfulness
Longing	Relieved	Thrilled
Love	Reluctant	Tired
Lust	Remorse	Tolerance
Mad	Resentment	Torment
Melancholy	Resignation	Triumphant
Miserable	Restlessness	Troubled
Miserliness	Revulsion	Trust
Mixed up	Ruthless	Uncertainty
Modesty	Sadness	Undermined
Moody	Satisfaction	Uneasiness
Mortified	Scared	Unhappy
Mystified	Scorn	Unnerved
Nasty	Self-caring	Unsettled
Nauseated	Self-compassionate	Unsure
Negative	Self-confident	Upset
Neglect	Self-conscious	Vengeful
Nervous	Self-critical	Vicious
Nostalgic	Self-loathing	Vigilance
Numb	Self-motivated	Vulnerable
Obstinate	Self-pity	Weak
Offended	Self-respecting	Woe
Optimistic	Self-understanding	Worried
Outrage	Sentimental	Worthy
Overwhelmed	Serenity	Wrath

It's critical to continue naming all your feelings, uncovering those beneath the surface. Expect to find at least one of these 3 elemental emotions at the root whenever you are stirred up:

- SAD
- SCARED
- LONELY

This list was adapted from a publication by the Berkeley Well-Being Institute