Emotion List

Use this list when you're looking for the exact word. First find the family the feeling belongs to, then choose the word in that family that fits best. If none of them hits the mark, write your own. A more precise word means a calmer conversation.

When needs are unmet

Irritation
irritated, annoyed, impatient, uneasy, grumpy, fed up

Frustration and tension
frustrated, tense, under pressure, overwhelmed, helpless, nervous, restless

Anger
angry, mad, furious, offended, outraged

Fear
worried, anxious, scared, unsure, wary, startled

Sadness
sad, disappointed, hurt, lonely, disconnected, down

Shame and embarrassment
ashamed, guilty, embarrassed, I want to disappear, awkward

Confusion
confused, surprised, shocked, torn, lost

Tiredness
tired, exhausted, numb, low on energy, apathetic

Envy and rivalry
envious, jealous, resentful, comparing myself

When needs are met

Calm
calm, relaxed, safe, content, balanced, relieved

Joy
happy, excited, eager, playful, full of energy, thrilled

Closeness
grateful, moved, close to others, accepted, warm

Strength
proud, confident, empowered, determined, capable

Interest
curious, focused, inspired, interested

How to use it in one sentence: "I feel… when… I need…" For example: "I feel tense when we talk about this in front of others; I need some privacy."

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