

The Emotions Guide

A guide to help you recognise and name what you feel

Scan down each column to find the words that fit best. Emotions can offer clues about what matters, what has happened, and what you may need.

Joy A SENSE OF WARMTH AND VITALITY	Calm A SENSE OF PEACE AND EASE	Gratitude A SENSE OF APPRECIATION AND CONNECTION	Curiosity A SENSE OF INTEREST AND OPENNESS	Surprise A SENSE OF THE UNEXPECTED	Sadness A SENSE OF LOSS AND HEAVINESS	Fear A SENSE OF THREAT OR UNCERTAINTY	Anger A SENSE OF FRUSTRATION OR INJUSTICE	Disgust A SENSE OF REJECTION OR AVERSION	Shame A SENSE OF SELF- CRITICISM OR UNWORTHINESS	Hope A SENSE OF POSSIBILITY AND MEANING
Content	Peaceful	Thankful	Inquisitive	Astonished	Sad	Anxious	Frustrated	Repulsed	Embarrassed	Hopeful
Happy	Relaxed	Appreciative	Interested	Amazed	Hurt	Scared	Irritated	Revolted	Regretful	Optimistic
Cheerful	Centered	Blessed	Engaged	Shocked	Lonely	Worried	Annoyed	Contemptuous	Guilty	Encouraged
Delighted	Grounded	Fortunate	Curious	Startled	Disappointed	Insecure	Furious	Disapproving	Self-conscious	Inspired
Ecstatic	Tranquil	Humbled	Eager	Stunned	Grieving	Nervous	Enraged	Distasteful	Inadequate	Motivated
Hopeful	Steady	Grateful	Open-minded	Unexpected	Heartbroken	Frightened	Resentful	Sickened	Worthless	Confident
Proud	Balanced	Positive	Motivated	Dazzled	Empty	Helpless	Agitated	Uncomfortable	Exposed	Determined
Playful	At ease	Valued	Inspired	Disbelieving	Discouraged	Threatened	Hostile	Appalled	Humiliated	Resilient
Enthusiastic	Present	Inspired	Alert	Bewildered	Hopeless	On edge	Bitter	Horried	Rejected	Open-minded
Energetic	Receptive	Encouraged	Attentive	Confused	Melancholic	Panicked	Provoked	Judgemental	Inferior	Expectant
Optimistic	Mindful	Supported	Explorative	Curious	Tearful	Overwhelmed	Indignant	Averse	Ashamed	Uplifted
Grateful	Comfortable	Loved	Wondering	Puzzled	Overwhelmed	Vulnerable	Outraged	Nauseated	Small	Reassured
Inspired	Secure	Cared for	Amazed	Moved	Vulnerable	Hesitant	Jealous	Disillusioned	Helpless	Eager
Fulfilled	Collected	Connected	Fascinated	Overwhelmed	Rejected	Alert	Infuriated	Averted	Isolated	Positive
Amused	Patient	Fulfilled	Intrigued	Vulnerable	Loss	Cautious	Vengeful	Sceptical	Excluded	Empowered
Elated	Still	Touched	Stimulated	Speechless	Despairing	Shaken	Impatient	Dismissive	Vulnerable	Renewed
Radiant	Mellow	Cherished	Inventive	Rejected	Heavy	Uneasy	Critical	Wary	Unworthy	Trusting
Peaceful	Composed	Abundant	Creative	Reeling	Dejected	Terrified	Embarrassed	Critical	Disgraced	Courageous
Satisfied	Clear	Moved	Overwhelmed	Wide-eyed	Withdrawn	Apprehensive	Resistant	Resistant	Remorseful	Willing
Uplifted	Settled	Recognised	Eager to learn	Uncertain	Numb	Guarded	Irate	Aversion	Flawed	Expansive

Notice · Name · Explore

1

NOTICE

What do you notice in your body right now?

2

NAME

Scan the columns above — which word fits best right now?

3

EXPLORE

What might this feeling be telling you? What do you need?

All emotions are valid.

THEY ARE MESSAGES, NOT MISTAKES.