

# 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 |  Calm |  Gratitude |  Curiosity |  Surprise |  Sadness |  Fear |  Anger |  Disgust |  Shame |  Envy |  Hope |
|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Content                                                                               | Peaceful                                                                               | Thankful                                                                                    | Inquisitive                                                                                 | Astonished                                                                                 | Sad                                                                                        | Anxious                                                                                  | Frustrated                                                                                | Repulsed                                                                                    | Embarrassed                                                                               | Jealous                                                                                  | Hopeful                                                                                  |
| Happy                                                                                 | Relaxed                                                                                | Appreciative                                                                                | Interested                                                                                  | Amazed                                                                                     | Hurt                                                                                       | Scared                                                                                   | Irritated                                                                                 | Revolted                                                                                    | Regretful                                                                                 | Resentful                                                                                | Optimistic                                                                               |
| Cheerful                                                                              | Centered                                                                               | Blessed                                                                                     | Engaged                                                                                     | Shocked                                                                                    | Lonely                                                                                     | Worried                                                                                  | Annoyed                                                                                   | Contemptuous                                                                                | Guilty                                                                                    | Insecure                                                                                 | Encouraged                                                                               |
| Delighted                                                                             | Grounded                                                                               | Fortunate                                                                                   | Curious                                                                                     | Startled                                                                                   | Disappointed                                                                               | Insecure                                                                                 | Furious                                                                                   | Distasteful                                                                                 | Self-conscious                                                                            | Comparative                                                                              | Inspired                                                                                 |
| Ecstatic                                                                              | Tranquil                                                                               | Humbled                                                                                     | Eager                                                                                       | Stunned                                                                                    | Grieving                                                                                   | Nervous                                                                                  | Enraged                                                                                   | Sickened                                                                                    | Inadequate                                                                                | Left out                                                                                 | Motivated                                                                                |
| Hopeful                                                                               | Steady                                                                                 | Grateful                                                                                    | Open-minded                                                                                 | Unexpected                                                                                 | Heartbroken                                                                                | Frightened                                                                               | Resentful                                                                                 | Disapproving                                                                                | Worthless                                                                                 | Inferior                                                                                 | Confident                                                                                |
| Proud                                                                                 | At ease                                                                                | Motivated                                                                                   | Motivated                                                                                   | Bewildered                                                                                 | Empty                                                                                      | Helpless                                                                                 | Agitated                                                                                  | Horrificed                                                                                  | Exposed                                                                                   | Discontented                                                                             | Determined                                                                               |
| Playful                                                                               | Present                                                                                | Inspired                                                                                    | Inspired                                                                                    | Dazzled                                                                                    | Discouraged                                                                                | Threatened                                                                               | Hostile                                                                                   | Appalled                                                                                    | Humiliated                                                                                | Covetous                                                                                 | Resilient                                                                                |
| Enthusiastic                                                                          | Open                                                                                   | Valued                                                                                      | Alert                                                                                       | Disbelieving                                                                               | Hopeless                                                                                   | On edge                                                                                  | Bitter                                                                                    | Offended                                                                                    | Rejected                                                                                  | Threatened                                                                               | Open-minded                                                                              |
| Energetic                                                                             | Receptive                                                                              | Loved                                                                                       | Focused                                                                                     | Confused                                                                                   | Melancholic                                                                                | Panicked                                                                                 | Provoked                                                                                  | Judgemental                                                                                 | Inferior                                                                                  | Competitive                                                                              | Expectant                                                                                |
| Optimistic                                                                            | Mindful                                                                                | Encouraged                                                                                  | Attentive                                                                                   | Curious                                                                                    | Tearful                                                                                    | Overwhelmed                                                                              | Indignant                                                                                 | Averse                                                                                      | Ashamed                                                                                   | Bittersweet                                                                              | Uplifted                                                                                 |
| Grateful                                                                              | Comfortable                                                                            | Supported                                                                                   | Explorative                                                                                 | Intrigued                                                                                  | Overwhelmed                                                                                | Vulnerable                                                                               | Outraged                                                                                  | Nauseated                                                                                   | Small                                                                                     | Frustrated                                                                               | Reassured                                                                                |
| Inspired                                                                              | Secure                                                                                 | Cared for                                                                                   | Wondering                                                                                   | Wide-eyed                                                                                  | Vulnerable                                                                                 | Cautious                                                                                 | Jealous                                                                                   | Uneasy                                                                                      | Helpless                                                                                  | Displeased                                                                               | Eager                                                                                    |
| Fulfilled                                                                             | Collected                                                                              | Connected                                                                                   | Fascinated                                                                                  | Speechless                                                                                 | Rejected                                                                                   | Hesitant                                                                                 | Disrespected                                                                              | Disillusioned                                                                               | Defensive                                                                                 | Green-eyed                                                                               | Positive                                                                                 |
| Amused                                                                                | Patient                                                                                | Fulfilled                                                                                   | Intrigued                                                                                   | Puzzled                                                                                    | Loss                                                                                       | Alert                                                                                    | Infuriated                                                                                | Averted                                                                                     | Isolated                                                                                  | Longing                                                                                  | Empowered                                                                                |
| Elated                                                                                | Still                                                                                  | Moved                                                                                       | Stimulated                                                                                  | Moved                                                                                      | Despairing                                                                                 | Defensive                                                                                | Livid                                                                                     | Sceptical                                                                                   | Excluded                                                                                  | Yearning                                                                                 | Renewed                                                                                  |
| Radiant                                                                               | Mellow                                                                                 | Touched                                                                                     | Inventive                                                                                   | Awe-struck                                                                                 | Heavy                                                                                      | Shaken                                                                                   | Uneasy                                                                                    | Dismissive                                                                                  | Vulnerable                                                                                | Unsettled                                                                                | Trusting                                                                                 |
| Peaceful                                                                              | Composed                                                                               | Cherished                                                                                   | Creative                                                                                    | Overwhelmed                                                                                | Dejected                                                                                   | Uneasy                                                                                   | Impatient                                                                                 | Embarrassed                                                                                 | Disgraced                                                                                 | Rivalrous                                                                                | Courageous                                                                               |
| Satisfied                                                                             | Clear                                                                                  | Abundant                                                                                    | Eager to learn                                                                              | Amazed                                                                                     | Withdrawn                                                                                  | Terrified                                                                                | Critical                                                                                  | Resistant                                                                                   | Unworthy                                                                                  | Obsessive                                                                                | Willing                                                                                  |
| Uplifted                                                                              | Balanced                                                                               | Recognised                                                                                  | Attuned                                                                                     | Uncertain                                                                                  | Numb                                                                                       | Apprehensive                                                                             | Irate                                                                                     | Aversion                                                                                    | Remorseful                                                                                | Envious                                                                                  | 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?

#### SOURCES

Ekman, P. (1992). An argument for basic emotions.

#### NOTE

Evidence-informed educational resource. © 2026 B&F Clinical Psychology.