

List of Emotions and Feelings

This list of emotions and feelings has all 52 words from Brimmy in 8 families, each with a short explanation. An exact word helps you notice a feeling and talk about it — to yourself or to your therapist.

● Anxiety

anxious — Uneasy, as if something might happen

scared — Something feels dangerous, I want to protect myself or get away

nervous — Jittery before something important

insecure — I doubt it will work out

lost — I don't know what to do next

● Joy

joyful — Things feel good, I want to smile

curious — I want to learn, figure it out, try

excited — Looking forward to something good

hopeful — I believe it might turn out well

proud — I value what I or people close to me achieved

admiring — Someone or something really impresses me

● Sadness

sad — Feeling down, I want some quiet

longing — I miss someone or something and feel drawn to it

lonely — I'm missing connection with people

disappointed — I expected one thing and got another

empty — Empty inside, as if everything is used up

powerless — I want to change it but can't

regretful — I'm sorry it turned out this way

grieving — It hurts because of a loss

hopeless — It feels like nothing will change

indifferent — Nothing really moves me

bored — Nothing interests me, time drags

● Calm

calm — Steady, nothing is rushing or bothering me

relieved — Something let go, it feels easier

content — I've done enough, everything is in its place

confident — I have solid ground: I can handle this

safe — It's safe here, I don't have to be on guard

● Anger

angry — Something hit a nerve, I want to push back

irritated — Little things get to me and get in the way

hurt — It hurts how I was treated

indignant — It feels unfair, I want to say so

disgusted — I want to pull away: "ew"

envious — I want what someone else has

jealous — I'm afraid of losing someone's attention or closeness

● Warmth

warm — A soft, kind feeling inside

loving — A strong bond, someone is very dear to me

tender — I want to take gentle care of someone

connected — I feel a connection, I'm being heard

grateful — I appreciate what I was given or what I have

compassionate — I feel someone else's pain and want to support them

charmed — So sweet it makes me smile

● Shame & Guilt

ashamed — I want to hide, as if something is wrong with me

guilty — I feel that something I did hurt someone

awkward — Uncomfortable, not sure how to act

vulnerable — Open and unprotected in front of others

remorseful — I want to make right what I did

humiliated — My dignity was hurt

● Mixed

surprised — Unexpected — could be pleasant or not

bittersweet — Sad and warm at the same time

nostalgic — Nice to remember, and a little sad it's over

torn — I want to and I'm scared to at the same time

moved — Touched to the point of tears

