

EMOTIONAL AWARENESS

GREAT

appreciative
courageous
encouraged
enthusiastic
excited
fulfilled
glad
grateful
happy
inspired
joyful
playful
proud
relieved
satisfied
strong
thankful
valued

GOOD

balanced
calm
caring
compassionate
connected
content
creative
curious
empathetic
energetic
grounded
hopeful
kind
loving
neutral
open
relaxed
respected
trusting

MEH

afraid
anxious
apathetic
apprehensive
bored
clingy
concerned
conflicted
confused
disconnected
distracted
guarded
hesitant
indifferent
lazy
nervous
restless
scattered
suspicious
torn
worried

BAD

ashamed
defeated
depressed
despairing
discouraged
embarrassed
exhausted
grieving
hurt
insecure
insulted
isolated
overwhelmed
powerless
rejected
remorseful
sad
sensitive

AWFUL

angry
annoyed
arrogant
competitive
defensive
disgusted
envious
frustrated
grumpy
impatient
irritated
jealous
judgmental
panicked
pessimistic
resentful
self-critical
worthless

EMOTIONAL VOCABULARY



Use the chart above a starting point to start identifying and mapping your emotions over the course of a week.

Note this chart is not comprehensive or prescriptive. Words may resonate in different columns for different people. Use it simply as a way to spark ideas and to help you define your emotions.

M: _____
T: _____
W: _____
Th: _____
F: _____
S: _____
Sn: _____