

UPLIFTED

happy
glad
joyful
grateful
fortunate
gratified
thankful
hopeful
satisfied
pleased
encouraged
delighted
inspired
enchanted
elated
ecstatic
ebullient
euphoric
gleeful
relieved
uplifted
optimistic
content
fulfilled
blissful
lighthearted
cheerful
upbeat
overjoyed
walking on air
on top of the world
amused

EMPOWERED

strong
confident
bold
courageous
brave
proud
worthy
valued
cherished
resourceful
powerful
assertive
assured
authentic
adventurous/daring
solid/grounded
stable
secure
steady
self-assured
open
responsive
dynamic
flexible
decisive
composed
cooperative
supportive
protective
loving/caring
effective
generous

ENGAGED

enthusiastic
curious
playful
interested
attentive
eager
excited
engaged
stimulated
energized
expansive
excited
desire
aroused
frisky
attracted
creative
fascinated
absorbed
determined
involved
alert
inspired
passionate
exhilarated
exuberant
thrilled
animated
in the zone
awed
alive
sensuous

AT EASE

peaceful
calm
soothed
serene
quiet
clear
affectionate
trusting
present
relaxed
unworried
unhurried
meditative
open
kind
warm
tender
friendly
trusting
carefree
gentle
patient
balanced
whole
radiant
understanding
open-hearted
safe
free

**Joel Heller
Communications**

EQ ESSENTIALS

**Describing
Feelings with
Granularity**

Naming specific feelings can help make sense of our internal experience, and attune to the internal experience of others.

Feelings can signal whether underlying needs are getting met in ourselves and in others.

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DISPIRITED

sad
blue
pained
troubled
burdened
hurt
heartbroken
heavy-hearted
discouraged
distressed
depressed
despondent
helpless
lonely
alone
isolated
teary
cold
gloomy
miserable
dejected
melancholic
grim
glum
downcast
dejected
crestfallen
joyless
grieving
remorse
regretful
low
sorrowful
despair
hopeless

DISEMPOWERED

frustrated
annoyed
upset
pissed off
aggressive
angry/enraged
irritated
irritable
cranky
touchy
disagreeable
furious
resentful
desperate
triggered
reactive
defensive
demanding
resistant
weak
overwhelmed
disgusted
contempt
jealous/envious
exasperated
bitter
pessimistic
antagonistic
hate
rage
powerless
stuck
unworthy
insignificant

DISENGAGED

exhausted
fatigued
bored
sleepy
tired
overwhelm
worn down
worn out
wiped out
stressed out
weary
sluggish
disinterest
indifferent
detached
withdrawn
listless
lethargic
blah
emotionless
empty
numb
run down
spent
drained
useless
uncaring
dead
apathetic

UNEASY

uncomfortable
anxious
worried
afraid
scared/frightened
unsafe
hesitant
reluctant
suspicious
wary
embarrassed
ashamed
apprehensive
cautious
guarded
vulnerable
vigilant
shy
sheepish
skeptical
alarmed
tense
impatient
jumpy
nervous
panicked
disturbed
horrified
frozen
trembling
paralyzed

DISORIENTED

confused
surprised
puzzled
unsure
unclear
at a loss
torn
startled
astonished
flustered
shocked
rattled
mixed up
self-doubting
bewildered
perplexed
befuddled
mystified
baffled
chaotic
all over the place
dazed
stumped
stunned
crazy
unhinged
bumbling
discombobulated
dumbfounded
stupid