

SPIRITED

alive
vital
vibrant
happy
glad, pleased
optimistic, hopeful
joyful
satisfied, fulfilled
thankful, appreciative
grateful, gratified
fortunate, lucky, blessed
touched, moved
inspired
encouraged
delighted, amused
enchanted
elated
ecstatic
ebullient, euphoric
exuberant, radiant
expansive
gleeful, perky
uplifted
content
blissful
lighthearted
cheerful, upbeat
overjoyed
walking on air
on top of the world

EMPOWERED

grounded
embodied
confident
kind
compassionate
self-assured
strong, bold
courageous, brave
adventurous, daring
proud
valuable
worthy, precious
resourceful
powerful, assertive
effective
authentic, real
composed
equanimous
stable, secure
steady, solid
open
clear, understanding
responsive, flexible
dynamic
decisive
cooperative
supportive
protective
loving
generous

ENGAGED

enthusiastic
curious
present
intrigued
playful
interested
caring
focused, attentive
excited, stimulated
entranced
anticipating
energized, invigorated
mindful, alert
eager, ardent
motivated
challenged
desiring, longing
attracted, infatuated
creative
aroused, frisky
sensuous
involved, absorbed
fascinated
determined
committed
passionate
exhilarated, thrilled
animated
amazed
wonder, awed
in the zone

AT EASE

safe
trusting
relaxed
calm
comfortable
cozy
soothed
serene
quiet
still
affectionate
tender
gentle
warm, friendly
relieved
rested
rejuvenated
chill, mellow
easygoing
flowing
unworried
meditative
accepting
open-hearted
carefree
patient, unhurried
balanced
peaceful
whole
free
comfortable in my skin

EQ ESSENTIALS

Describing Feelings

Describing feelings with specificity can help make sense of our internal experience and demystify it for others.

Identifying feelings can also bring attention to whether our underlying fundamental needs are getting met.

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Inspired by the work of
Lisa Feldman Barrett and
Marshall Rosenberg

DISPIRITED

upset
hurt
teary, sad
troubled
blue, low
burdened
pained
heavy, heavy-hearted
heartbroken
disheartened
discouraged
distressed
homesick
despondent
devastated
despairing
depressed
helpless
lonely, alone
isolated
cold
gloomy
miserable
dejected
melancholic
grim, glum
downcast, dejected
joyless
grieving
remorseful, regretful
sorrowful
hopeless

DISEMPowered

triggered
reactive, activated
defensive
demanding
resistant
fuming
frustrated, annoyed
irritable, cranky
touchy, grumpy
agitated, hostile
aggressive
disagreeable
antagonistic
aggressive
angry, pissed off
furious, outraged
fed up, exasperated
hateful, loathing
unkind
desperate
self-doubting
weak
overwhelmed
contempt
jealous, envious
resentful, bitter
pessimistic
powerless, stuck
resigned
insecure, inadequate
unworthy, insignificant
depressed

DISENGAGED

exhausted
fatigued
sleepy
tired
overwhelmed
uncaring
worn down
worn out
wiped out
stressed out
weary, pooped
sluggish
lethargic, blah
disinterested, aloof
indifferent
distracted
preoccupied
detached
withdrawn
distant
bored
listless, adrift
apathetic
depressed
emotionless
empty
numb, flat
drained
run down
spent
useless
dead

UNEASY

anxious
tense
apprehensive
impatient
uncomfortable
concerned, worried
reserved
hesitant, reluctant
shy, sheepish
awkward
nervous
afraid, scared
frightened, unsafe
suspicious, wary
skeptical, doubting
distrustful, vigilant
embarrassed
ashamed
cautious
careful, guarded
alarmed
vulnerable
conflicted, torn
disturbed
jumpy, jittery
trembling
off-balance
panicked
disgusted
terror, horrified
uncertain
sick

DISORIENTED

confused
bewildered
perplexed
puzzled
surprised
startled
stunned
astonished
shocked
ashamed
unclear, unsure
at a loss
flustered, rattled
frozen
paralyzed
mystified
baffled
stumped
mixed up
all over the place
chaotic
dazed
stupid, crazy
unhinged
unbalanced
bumbling
discombobulated
dumbfounded