

The Core Feelings Identification Guide

As a helpful way to identify your feelings, we have created categories for each of the words people most commonly use when trying to express how they feel.

For example, when you feel bitterness toward a person in your life, what are you also wrestling with? Are you also “irritated,” “agitated,” or “hostile?” Or does your bitterness take the shape of also feeling somewhat “abandoned,” “humiliated,” or “rejected?” You see, in the first case you may actually be quite angry, but in the second you could be experiencing more shame than anger.

This guide is by no means definitive, but merely designed to help you put more words to emotions that can otherwise be crippling or difficult to express, and is very helpful during the counseling process.

CORE FEELINGS	ASSOCIATED STATE OF BEING
GLAD	loving, content, compassionate, relieved, excited, alive, joyful, satisfied, calm, peaceful, accepted, committed, understood, strong, healthy, encouraged, determined, patient, respected, confident, competent, important, whole, valued, secure, worthy
SAD	depressed, exhausted, overwhelmed, frantic, abandoned, trapped, desperate, hopeless, victimized, crushed, empty, miserable, fragile, helpless, needy, used, lonely, disappointed, remorseful, misunderstood, upset
ANGER	offended, irritated, agitated, cross, provoked, uptight, impatient, disagreeable, disgusted, displeased, annoyed, bothered, critical, furious, enraged, hostile, vengeful, aggressive, hateful, indifferent
GUILT	regretful, alienated, worthless, humiliated, inadequate, disgraced, despised, failure, bad, embarrassed, stupid, tormented
LONELY	sad, alone, not chosen, abandoned, isolated, alienated, victimized, worthless, dejected, empty, friendless, needy, tearful
FEAR	terrified, shocked, panicky, desperate, frantic, vulnerable, tense, anxious, apprehensive, suspicious, perturbed, unsafe, cowardly, timid, concerned, undecided, uneasy, pressured
SHAME	ashamed, abused, helpless, humiliated, worthless, rejected, abandoned, detested, inadequate, degraded, unloved, failure, unimportant, bad, weak, ungifted, ugly, ignored, inferior
HURT	hopeless, rejected, defeated, desperate, victimized, worthless, wounded, degraded, crushed, miserable, sick, torn up, fragile, destroyed