

RESOURCE EMOTION LIST

PURPOSE

This list is used as a psychoeducational activity to assist clients in identifying their emotional experience. At times, people can ruminate on the experience of an emotion without being able to identify it. This can cause distress and worry in our clients. The emotion list can be used to assist clients in naming their experiences to better understand and address them.

MAD	SAD	HAPPY	FEARFUL	DISGUSTED	SURPRISE
Bitter	Grief	Joyful	Scared	Awful	Startled
Angry	Pensiveness	Proud	Anxious	Hesitant	Amazed
Aggressive	Despair	Peaceful	Insecure	Revulsion	Confused
Frustrated	Abandoned	Positive	Avoidant	Repulsion	Excited
Distant	Guilty	Optimistic	Submissive	Disappointed	Jolted
Critical	Lonely	Accepted	Humiliated	Disapproval	Scared
Ridiculed	Bored	Powerful	Embarrassed	Judgmental	Shocked
Jealous	Depressed	Open	Worried	Detestable	Dismayed
Hostile	Remorseful	Playful	Overwhelmed	Loathing	Disillusioned
Annoyed	Ashamed	Loving	Rejected	Avoidance	Perplexed
Withdrawn	Ignored	Inspired	Terrified	Aversion	Awestruck
Violated	Victimized	Courageous	Inferior	Bored	Eager
Let down	Powerless	Confident	Insignificant	Contempt	Energetic
Humiliated	Vulnerable	Independent	Inadequate	Shame	Unsure
Rage	Inferior	Liberated	Ridiculed	Embarrassed	Unsettled
Insecure	Empty	Ecstatic	Disrespected	Worthless	Bewildered
Suspicious	Indifferent	Inquisitive	Worthless	Worried	Disturbed
Provoked	Abandoned	Amused	Alienated	Remorseful	Frustrated
Irritated	Isolated	Respected	Panic	Sorrowful	Ambivalent