

# WHAT'S UNDERNEATH?

People are pretty bad at identifying their true feelings.

When asked about our feelings, most people will usually say they feel: bad, sad, mad, good, or fine. But underneath "good, bad, sad, mad, or fine" are many words that better describe how we feel.

*Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communication and relationships with others.*

Using the prompts below, think of a specific action (this could be something you did, or something someone else did) or event and fill in the blank to identify what's underneath. The feelings list on the back of this page can help you build your mental collection of feelings. This type of activity takes practice, but once you start doing it you'll find it easier over time.

I felt bad when \_\_\_\_\_ (action or event).  
But what I was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

I felt sad when \_\_\_\_\_ (action or event).  
But what I was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

I felt mad when \_\_\_\_\_ (action or event).  
But what I was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

I felt good when \_\_\_\_\_ (action or event).  
But what I was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

I felt happy when \_\_\_\_\_ (action or event).  
But what I was really feeling was \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

# NEGATIVE FEELINGS

## Afraid

Nervous  
Dread  
Frightened  
Cowardly  
Terrified  
Alarmed  
Panicked  
Suspicious  
Worried  
Apprehensive

## Agitated

Bothered  
Disoriented  
Uncomfortable  
Uneasy  
Frenzied  
Irritable  
Rash  
Offended  
Disturbed  
Troubled  
Grumpy  
Unsettled  
Unnerved  
Restless  
Upset

## Angry

Furious  
Livid  
Irate  
Resentful  
Hate  
Hostile  
Aggressive  
Worked up  
Provoked  
Miffed  
Outrage  
Defensive

## Annoyed

Irritated  
Frustrated  
Bothered  
Impatient  
Aggravated  
Displeased  
Exasperated  
Disgruntled  
Disturbed  
Irrked

## Anxious

Shaky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Overwhelmed  
Restless  
Stressed  
Preoccupied  
Flustered

## Confused

Lost  
Disoriented  
Puzzled  
Chaotic  
Uncertain  
Stuck  
Indecisive  
Foggy  
Mistrust  
Dazed  
Baffled  
Flustered  
Perturbed  
Perplexed  
Hesitant  
Immobilized  
Ambivalent  
Torn

## Disconnected

Lonely  
Isolated  
Bored  
Distant  
Removed  
Detached  
Separate  
Broken  
Cold  
Aloof  
Numb  
Withdrawn  
Rejected  
Out-of-place  
Apathetic  
Indifferent  
Misunderstood  
Abandoned  
Alienated

## Disgust

Appalled  
Horrificed  
Dislike  
Loathing  
Disturbed  
Repugnant  
Contempt  
Spiteful  
Animosity  
Hostile  
Bitter

## Disorganized

Distracted  
Disheveled  
Bedraggled  
Run-down  
Confused  
Discombobulated  
Disjointed  
Displaced  
Jumbled  
Out of sorts

## Embarrassment

Awkward  
Self-conscious  
Silly  
Mortified  
Humiliated  
Flustered  
Chagrined  
Ashamed  
Put down  
Guilty  
Disgraced

## Envy

Jealous  
Rivalry  
Competitive  
Covetous  
Resentful  
L longing  
Self-offensive  
Insecure  
Inadequate  
Yearning  
Nostalgic  
Wistful

## Helpless

Paralyzed  
Weak  
Defenseless  
Powerless  
Invalid  
Abandoned  
Alone  
Incapable  
Useless  
Inferior  
Vulnerable  
Empty  
Distressed

## Pain

Hurt  
Remorseful  
Regretful  
Disappointed  
Guilty  
Grief  
Bereaved  
Miserable  
Agony  
Anguish  
Bruised  
Crushed  
Wounded

## Sadness

Heartbroken  
Disappointed  
Hopeless  
Regretful  
Depressed  
Pessimistic  
Melancholy  
Sorrowful  
Morbid  
Heavy-hearted  
Low  
Blue  
Gloomy  
Miserable  
Despair

## Stress

Tension  
Pressure  
Overwhelmed  
Frazzled  
Strain  
Imbalanced  
Worried  
Uneasy  
Cranky  
Distraught  
Dissatisfied  
Weighed down  
Overworked  
Pounded  
Anxious  
Shocked  
Frustrated

## Tired

Bored  
Fatigued  
Exhausted  
Uninterested  
Overworked  
Worn out  
Fed up  
Drained  
Weary  
Burned out  
Lethargic  
Beat  
Sleepy  
Depleted

## Vulnerable

Insecure  
Shaky  
Open  
Unsure  
Exposed  
Unguarded  
Sensitive  
Unsafe  
Inferior  
Raw  
Weak  
Judged  
Inadequate

# POSITIVE FEELINGS

## Admiration

Adoration  
Affection  
Appreciation  
Delight  
Fondness  
Pleasure  
Wonder  
Regard  
Amazed  
Amused

## Affectionate

Caring  
Friendly  
Loving  
Sympathetic  
Warm  
Doting  
Soft  
Tender  
Attached  
Compassionate

## Confident

Bold  
Courageous  
Positive  
Sure  
Fearless  
Optimistic  
Encouraged  
Safe  
Powerful  
Proud  
Satisfied  
Trusting  
Secure  
Brave  
Empowered

## Excited

Enthusiastic  
Delighted  
Amazed  
Passionate  
Amused  
Aroused  
Alert  
Piqued  
Astonished  
Dazzled  
Energetic  
Awakened  
Eager  
Charged

## Exhilarated

Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

## Gratitude

Thankful  
Grateful  
Moved  
Touched  
Appreciative  
Graceful  
Responsive  
Recognized  
Indebtedness

## Included

Engaged  
Understood  
Appreciated  
Accepted  
Acknowledged  
Affirmed  
Recognized  
Welcomed  
Connected  
Supported  
Belonging  
Heard  
Respected  
Involved

## Intrigued

Absorbed  
Fascinated  
Interested  
Charmed  
Entertained  
Captivated  
Engaged  
Engrossed  
Curious  
Surprised

## Joyful

Cheerful  
Festive  
Heartening  
Lighthearted  
Upbeat  
Glad  
Merry  
Elated  
Enjoyable  
Euphoria  
Delighted  
Jubilant  
Hopeful  
Tickled  
Pleased

## Peaceful

Clam  
Quiet  
Trusting  
Fulfilled  
Harmonious  
Steady  
Collected  
Composed  
Comfortable  
Centered  
Content  
Relieved  
Constant  
Mellow  
Level  
Restful  
Still  
At ease  
Satisfied  
Relaxed  
Clear  
Reassured

## Refreshed

Stimulated  
Replenished  
Exhilarated  
Reinvigorated  
Revived  
Enlivened  
Restored  
Liberated  
Lively  
Passionate  
Vibrant  
Rested