

Seven Primary Feelings

As children we were often not given much language about emotions. This handout is a resource to put your feelings and emotional experience into words.

Joy	<input type="checkbox"/> Happy <input type="checkbox"/> Confident <input type="checkbox"/> Glad <input type="checkbox"/> Excited	<input type="checkbox"/> Pleased <input type="checkbox"/> Determined <input type="checkbox"/> Content <input type="checkbox"/> Hopeful	<input type="checkbox"/> Inspired <input type="checkbox"/> Proud <input type="checkbox"/> Optimistic
Fear	<input type="checkbox"/> Anxious <input type="checkbox"/> Afraid <input type="checkbox"/> Worried <input type="checkbox"/> Doubtful <input type="checkbox"/> Dred <input type="checkbox"/> Nervous	<input type="checkbox"/> Reluctant <input type="checkbox"/> Vulnerable <input type="checkbox"/> Powerless <input type="checkbox"/> Overwhelmed <input type="checkbox"/> Uneasy <input type="checkbox"/> Shocked	<input type="checkbox"/> Surprised <input type="checkbox"/> Alarmed <input type="checkbox"/> Paranoid <input type="checkbox"/> Pressured <input type="checkbox"/> Trapped
Anger	<input type="checkbox"/> Resentment <input type="checkbox"/> Frustration <input type="checkbox"/> Annoyed <input type="checkbox"/> Irritated	<input type="checkbox"/> Pissed Off <input type="checkbox"/> Mad <input type="checkbox"/> Hostile <input type="checkbox"/> Disappointed	<input type="checkbox"/> Hateful <input type="checkbox"/> Insulted <input type="checkbox"/> Bitter
Pain	<input type="checkbox"/> Sad <input type="checkbox"/> Lonely <input type="checkbox"/> Hurt <input type="checkbox"/> Helpless <input type="checkbox"/> Embarrassed	<input type="checkbox"/> Overwhelmed <input type="checkbox"/> Rejected <input type="checkbox"/> Heart-broken <input type="checkbox"/> Humiliated <input type="checkbox"/> Tense	<input type="checkbox"/> Disappointed <input type="checkbox"/> Jealous <input type="checkbox"/> Powerless <input type="checkbox"/> Confused
Shame	<input type="checkbox"/> Disgusted <input type="checkbox"/> Trapped <input type="checkbox"/> Ashamed <input type="checkbox"/> Humbled	<input type="checkbox"/> Pathetic <input type="checkbox"/> Regretful <input type="checkbox"/> Exposed	
Guilt	<input type="checkbox"/> Remorseful <input type="checkbox"/> Regretful <input type="checkbox"/> Sickened <input type="checkbox"/> Shocked	<input type="checkbox"/> Horrified <input type="checkbox"/> Helpless <input type="checkbox"/> Foolish <input type="checkbox"/> Dismay	
Love	<input type="checkbox"/> Caring <input type="checkbox"/> Affection <input type="checkbox"/> Admiration <input type="checkbox"/> Appreciation	<input type="checkbox"/> Trusting <input type="checkbox"/> Proud <input type="checkbox"/> Secure <input type="checkbox"/> Safe	<input type="checkbox"/> Grateful <input type="checkbox"/> Passion <input type="checkbox"/> Warmth <input type="checkbox"/> Tender

From the book "The New Rules of Marriage: What You Need to Know to Make Love Work" by Terry Real and

by the work of Pia Mellody.