

EMOTIONAL VOCABULARY LIST

FROM THE SYMPTOMS
TO THE SECRET



Highlight or check the emotions you feel

ANGER	CONFUSED	DOUBTFUL	JUDGED	BULLIED	BETRAYED	ANXIOUS	LONELY	ASHAMED	SAD
Annoyed	Baffled	Ambivalent	Accused	Abused	Backstabbed	Afraid	Abandoned	Apologetic	Blue
Bitter	Bewildered	Apathetic	Avoided	Attacked	Burned	Alarmed	Detached	Awkward	Boxed in
Bothered	Chaotic	Bored	Berated	Belittled	Cheated	Apprehensive	Detested	Clumsy	Burdened
Disgusted	Curious	Cloudy	Blacklisted	Condemned	Cut off	Avoiding	Disregarded	Coward	Crushed
Displeased	Dazed	Conflicted	Blamed	Controlled	Deceived	Cautious	Excluded	Dirty	Depressed
Enraged	Disconnected	Defeated	Chastised	Cornered	Defenseless	Defensive	Forgotten	Distressed	Despair
Entitled	Disillusioned	Disbelief	Condemned	Criticized	Defiled	Disturbed	Forsaken	Dumb	Desperate
Exasperated	Disoriented	Distrustful	Denounced	Degraded	Deserted	Fearful	Hated	Embarrassed	Devastated
Explosive	Distracted	Evasive	Despised	Diminished	Double-crossed	Frazzled	Ignored	Exposed	Disappointed
Fed up	Flustered	Fuzzy	Detested	Dominated	Downgraded	Frightened	Inadequate	Failure	Discouraged
Frustrated	Fragmented	Helpless	Disapproved Of	Forced	Duped	Guarded	Insignificant	Foolish	Downhearted
Fuming	Indecisive	Hesitant	Disdained	Harassed	Exploited	Horried	Invisible	Guilty	Drained
Furious	Jumbled	Hopeless	Disliked	Injustice	Foiled	Nervous	Isolated	Horrible	Empty
Incensed	Lost	Indecisive	Dismissed	Intimidated	Lied to	Numb	Left Out	Humiliated	Grieved
Infuriated	Mixed-up	Indifferent	Insulted	Invaded	Misled	Overwhelmed	Misunderstood	Hypocritical	Heartbroken
Irate	Paralyzed	Perplexed	Loathed	Manipulated	Removed	Panic	Neglected	Insecure	Heavy
Livid	Perplexed	Powerless	Minimized	Mistreated	Robbed	Petrified	Out of Place	Lousy	Hollow
Obsessed	Preoccupied	Questioning	Mocked	Mocked	Sabotaged	Protective	Outcast	Low	Hurt
Offended	Puzzled	Shady	Ostracized	Persecuted	Scammed	Scared	Overlooked	Mortified	Low-spirited
Out of Control	Restless	Skeptical	Rebuked	Pressured	Seduced	Shaky	Rejected	Phony	Miserable
Outraged	Scattered	Suspicious	Reviled	Ridiculed	Slandered	Shocked	Unappreciated	Regretful	Pathetic
Perturbed	Stunned	Timid	Scorned	Scolded	Stolen From	Suffering	Unimportant	Responsible	Raw
Provoked	Tormented	Uncertain	Shunned	Shamed	Strung Along	Terrified	Unloved	Self-Conscious	Tender
Rage	Torn	Unclear	Slammed	Threatened	Swindled	Uneasy	Unwanted	Sorrowful	Unhappy
Repulsed	Tortured	Unsettled	Slated	Trapped	Tricked	Unsafe	Unwelcomed	Stupid	Uninterested
Resentful	Unsettled	Unsure	Unacceptable	Violated	Unprotected	Vulnerable	Useless	Uncomfortable	Worn Out
Ticked-Off	Weighted Down	Wavering	Vilified	Voiceless	Used	Worried	Unworthy	Worthless	Wounded

PHYSICAL SYMPTOMS

Acne	Depressed	Grinding Teeth	Lack of Sex Drive	Racing Heart	Sweaty Hands	Ulcers
Blood Pressure	Drained	Hard to Breathe	Lightheaded	Rapid Breathing	Tense Muscles	Upper Back Pain
Calves ache	Dry Mouth	Headache	Locked Jaw	Sensitive to Light	Tense Neck	Upset Stomach
Can't Concentrate	Exhausted	Heart Burn	Low Energy	Shaky	Tense Shoulders	Urge to Eat
Chest Tight/Heavy	Eye contact painful	Hitting head	Lower Back Pain	Shortness of Breath	Tight Chest	Weak
Clenched Jaw	Face in Hands	Insomnia	Mind Racing	Sluggish	Tight Throat	
Constipation	Fatigued	Jaw Tight	Nauseated	Slumping Shoulders	Tired	
Dazing off	Fetal Position	Jumpy	Paralyzed	Stressed	Trembling	