

Identifying Your Emotions

Use these lists whenever you do the exercise “I Feel... Because of...” to make sure you are accurate and specific about what you are feeling.

Pressure Emotions

<p>Intense pressure</p> <p>Angry Desperate Explosive Furious Horrorified Irate Irritated Livid Mad Outraged Pissed off Shocked Violated</p>	<p>Irritation</p> <p>Aggravated Annoyed Disgusted Distressed Disturbed Exasperated Frustrated Impatient Irritated Negative Offended Ticked Upset</p>	<p>Long-term anger</p> <p>Belittled Bitter Regretful Resentful Revengeful Shattered</p> <p>Grouchiness</p> <p>Bitchy Cranky Edgy Grouchy Grumpy Irritable Moody</p>	<p>Stress</p> <p>Consumed Cornered Embarrassed Flooded Hassled Hot Humiliated Jealous Overwhelmed Panicked Pressed Pressured Rushed Stressed Tense Threatened Trapped</p>
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Empty Emotions

<p>Emptiness</p> <p>Alienated Apathetic Bored Deprived Disconnected Distant Empty Flat Hollow Hopeless Insignificant Passive Sluggish Stale Stifled Suffocated Tired Unfulfilled Weak</p>	<p>Sadness</p> <p>Anguished Betrayed Blue Dead Depressed Discouraged Down Drained Grief Helpless Hurt Low Miserable Morose Numb Pessimistic Powerless Tearful Unhappy</p>	<p>Fear</p> <p>Afraid Anxious Apprehensive Confused Fearful Frightened Hesitant Insecure Nervous Scared Torn Uncertain Uncomfortable Unsure Worried Washed out</p>	<p>Loneliness</p> <p>Abandoned Alone Burdened Isolated Left out Lonely Lost Rejected</p> <p>Regret</p> <p>Ashamed Regretful Remorseful Shame Smothered Sorry Used</p>
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Positive Emotions

<p>Happiness</p> <p>Alive Anticipating Bouncy Bubbly Charged Crazy Delighted Ecstatic Elated Enthusiastic Euphoria Excited Exhilarated Exuberant Happy Inspired Joyful Lively Overjoyed Tickled</p>	<p>Calm</p> <p>Comfortable Content Grateful Hopeful Kindly Patient Peaceful Pleased Quiet Refreshed Relaxed Relieved Satisfied Secure Serene Successful Warm Whole Wonderful</p>	<p>Power</p> <p>Adventuresome Amazed Competent Confident Empowered Energetic Energized Positive Proud Smart Stimulated Strong Validated Visionary Wise</p>	<p>Love</p> <p>Adored Affectionate Appreciative Attractive Beautiful Fulfilled Glowing Loved Loving Passionate Pretty Radiant Safe Sexy Thrilled Turned on</p>
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Excerpted from *Life is Hard, Food is Easy: The 5-Step Plan to Overcome Emotional Eating and Lose Weight on Any Diet* by Linda Spangle. This list may not be sold or reproduced in any publication without express permission of the author.