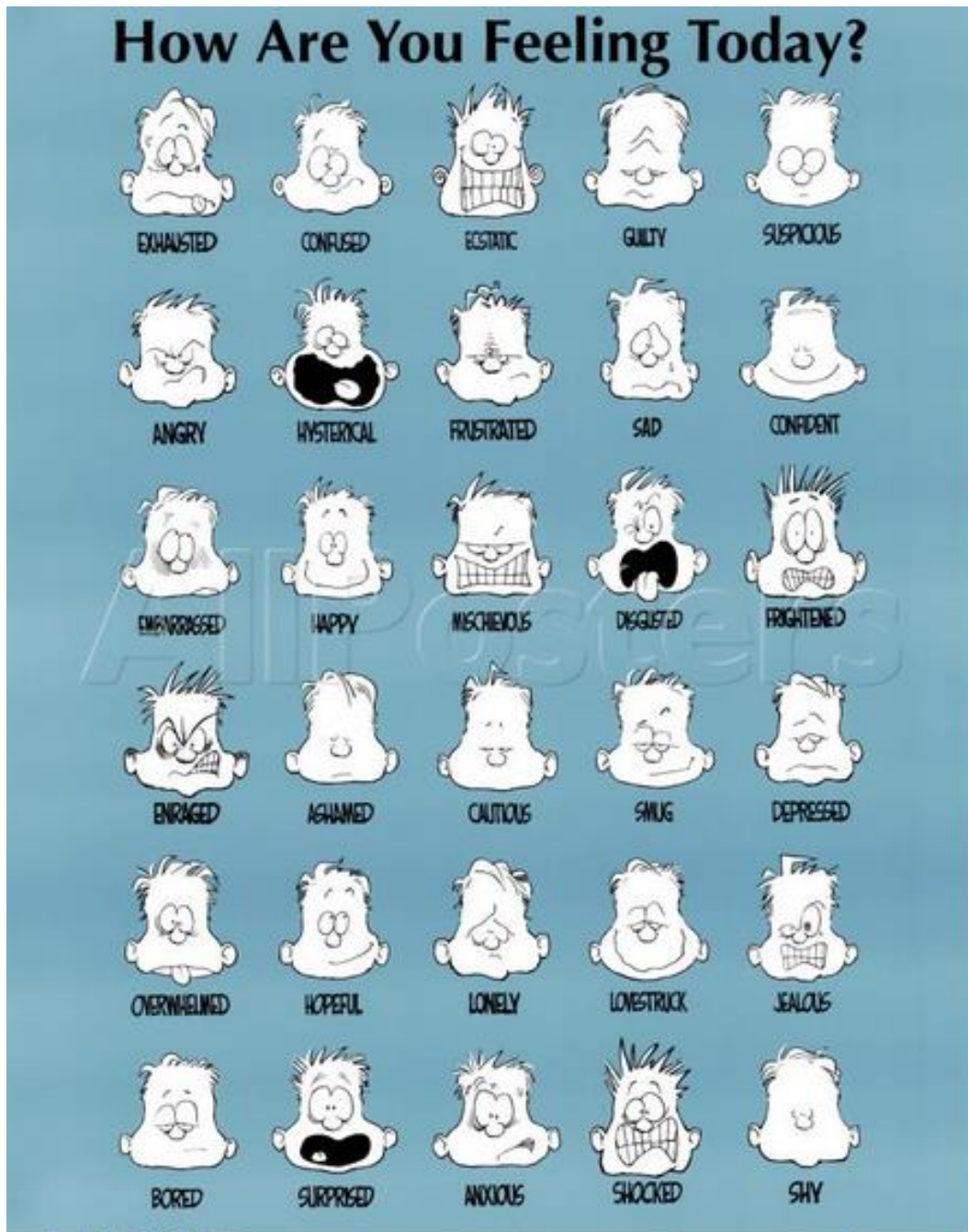


Emotional Vocabulary – Symbolic and Written

Vocabulary is important to both perception and communication. How do we identify something if we are aware it exists? Our ability to identify and increase our comfort with a broader range of emotions can help us navigate our relationships and enrich our personal experiences.



<https://sites.google.com/site/mrhabibssite/Home/positive-psychology/emotional-literacy/eMcd4Pjs8p&attredirects=0>

Pictorial lists of emotions are broadly available. We had a magnet of these emotions on our refrigerator for years to help prompt our emotional awareness.

Emotional Vocabulary – Symbolic and Written

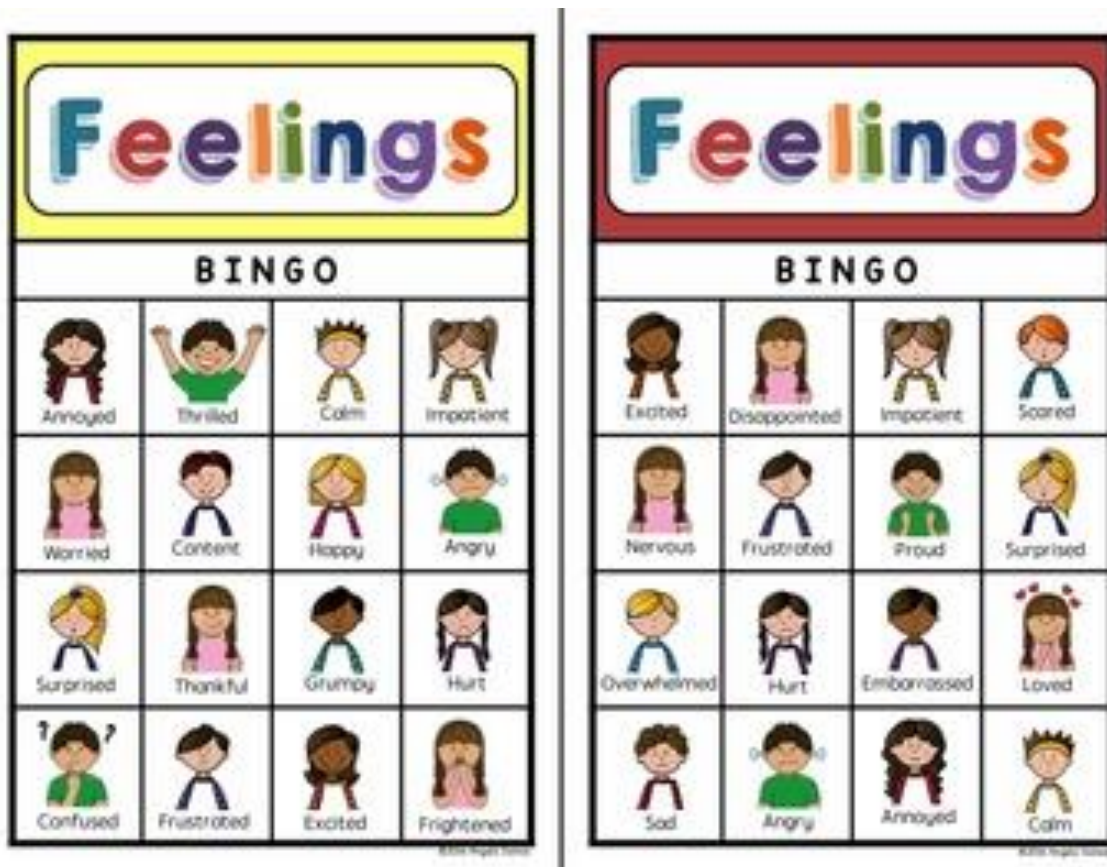
A popular social researcher and storyteller currently offers this list of thirty core emotions on her website.

30 Core Emotions:		
Anger	Fear Scared	Judgment
Anxious	Frustrated	Lonely
Belonging	Gratitude	Love
Blame	Grief	Overwhelmed
Curious	Guilt	Regret
Disappointed	Happy	Sad
Disgust	Humiliation	Shame
Embarrassment	Hurt	Surprised
Empathy	Jealous	Vulnerability
Excited	Joy	Worried

<https://brenebrown.com/downloads/>

*This list is based on current data. Brené is doing new research on emotional literacy right now so expect an updated list this year.

This learning can be in game form too! We used to play emotion charades as a family and the following illustration provides an example of a Feelings BINGO game you could play.



Emotional Vocabulary – Symbolic and Written

As we mature the range of emotions we can be aware of may continue to grow. The following list is a good reminder how broad the range of emotions can get as we increase our awareness.

<http://www.psychpage.com/learning/library/assess/feelings.html>

Pleasant Feelings			
OPEN	HAPPY	ALIVE	GOOD
Understanding Confident Reliable Easy Amazed Free Sympathetic Interested Satisfied Receptive Accepting Kind	Great Gay Joyous Lucky Fortunate Delighted Overjoyed Gleeful Thankful Important Festive Ecstatic Glad Cheerful Sunny Merry Elated Jubilant	Playful Courageous Energetic Optimistic Provocative Impulsive Free Frisky Animated Spirited Thrilled Wonderful	Calm Peaceful At ease Pleased Encouraged Clever Surprised Content Quiet Certain Relaxed Serene Free and easy Blessed Reassured
LOVE	INTERESTED	POSITIVE	STRONG
Loving Considerate Affectionate Sensitive Tender Devoted Attracted Passionate Admiration Warm Touched Sympathy Close Loved Comforted Drawn toward	Concerned Fascinated Intrigued Fascinated Intrigued Absorbed Inquisitive Nosy Snoopy Engrossed Curious	Eager Earnest Intent Anxious Inspired Determined Excited Enthusiastic Bold Brave Daring Challenged Optimistic Re-enforced Confident Hopeful	Impulsive Sure Certain Rebellious Unique Dynamic Tenacious Hardy Secure
Difficult/Unpleasant Feelings			
ANGRY	DEPRESSED	CONFUSED	HELPLESS
Irritated Enraged Hostile Insulting Sore Annoyed Upset Hateful Unpleasant Offensive Bitter Aggressive Resentful Inflamed Provoked Incensed Infuriated Cross Worked up Boiling Fuming Indignant	Lousy Disappointed Discouraged Ashamed Powerless Diminished Guilty Dissatisfied Miserable Detestable Repugnant Despicable Disgusting Abominable Terrible In despair Sulky Bad A sense of loss	Upset Uncertain Indecisive Perplexed Embarrassed Hesitant Shy Stupefied Disillusioned Unbelieving Skeptical Distrustful Misgiving Lost Unsure Uneasy Pessimistic Tense	Incapable Alone Paralyzed Fatigued Useless Inferior Vulnerable Empty Forced Hesitant Despair Frustrated Distressed Woeful Pathetic Tragic In a stew Dominated

Emotional Vocabulary – Symbolic and Written

INDIFFERENT	AFRAID	HURT	SAD
Insensitive Dull Nonchalant Neutral Reserved Weary Bored Preoccupied Cold Disinterested Lifeless	Fearful Terrified Suspicious Anxious Alarmed Panic Nervous Scared Worried Frightened Timid Shaky Restless Doubtful Threatened Cowardly Quaking Menaced Wary	Crushed Tormented Deprived Pained Tortured Dejected Rejected Injured Offended Afflicted Aching Victimized Heartbroken Agonized Appalled Humiliated Wronged Alienated	Tearful Sorrowful Pained Grief Angish Desolate Desperate Pessimistic Unhappy Lonely Grieved Mournful Dismayed

Another interesting experiment is to see if you can match an unpleasant emotion closely with a more pleasant emotion so that it is possible to reframe a negative experience in a more positive way. For instance, I feel *Uncertain and Afraid* could be very close to feeling *Challenged and Excited* or *Provoked and Skeptical* could be visualized as *Interested and Curious*. This is, of course, another practice that is much easier to do when we are calmer and not already flooded by one version of an experience. So, you might try this type of reframing when anticipating an unwanted emotional response or once you are becoming more comfortable in a new situation.