

Identifying Emotions.

In order to help you get back in touch with your emotions you need to verbalise how you feel and identify those emotions. Quiet often people can't find the right word to express how they are feeling. Their minds literally go blank because they've stopped naming emotions.

The following lists should help you get your emotional vocabulary back and help you take control of your life. Words hold power, emotions hold power and once you can name your feelings you can start to control those feelings. Please feel free to add your own words to the lists.

Fear related words	Anger related words	Love related words	Surprise related words	Sadness related words	Joy related words.
Scared Concern Nervous Anxious Tense Despair Confused trepidation Edgy Panicky Uneasy Apprehensive Horrified Worried alarm frightened	Outraged Enraged Furious Fuming Livid Chagrin Irate Rage Upset Pissed Distraught Mad Bothered Wrath Annoyed	Idolise Revere Adoring Fond Affectionate Warm Devoted Compassionate Sympathetic Passionate Infatuated Besotted Sentimental Touched Tender	Wowed Amazed Astonished Miracle Astounded Stunned Baffled Wonder Dazed Speechless Perplexed Shocked Flabbergasted Marvel Staggered	Sorrowful Unhappy Reflective Hopeless Wistful Pensive Listless Despondent Empty Exhausted Disappointed Heartbreak Miserable Overwhelmed Hurt Disturbed Aggrieved Dead-inside Inconsolable Heartache Guilty Ashamed Hopeless Mortified Mournful Regretful Dejected	Blissful Triumph Delighted Cheerful Hopeful Optimistic Upbeat Serene Confident Satisfied Comfortable Radiance Calm Happy Elated Peaceful Content Pleased Encouraged Proud Thrilled Excited Whimsical Rejoicing