

Feelings and Emotions

The following list of feelings and emotions is taken from the book *Feeling Angry Playing Fair* (1998) by Ken McMaster, Reed, Auckland - available online at <http://www.hma.co.nz/Publications/Feeling-angry-playing-fair.asp#Dwnld>

This book is an excellent resource for men looking to better understand and manage anger in general and particularly in relation to partner relationships.

Comfortable Feelings:

alive amused anxious calm cheerful content delighted ecstatic excited fantastic fine fortunate friendly glad good great hopeful loving optimistic peaceful pleased proud relaxed relieved satisfied thankful thrilled turned-on up warm wonderful

Difficult Feelings:

angry apathetic awful bad blue crushed depressed disappointed dissatisfied disturbed down embarrassed gloomy glum hate hopeless hurt lonely lost low miserable painful sorry terrible turned-off uneasy unhappy unloved upset

Confused Feelings:

anxious awkward baffled bothered crazy dazed depressed disorganised disoriented distracted disturbed embarrassed frustrated helpless lost mixed-up panicky paralysed puzzled stuck surprised trapped uncertain uncomfortable unsure upset weak

Vulnerable Feelings:

ashamed bored confused defenceless discouraged embarrassed exhausted fragile frail frustrated guilty helpless horrible ill impotent inadequate insecure lifeless loss overwhelmed powerless quiet run down shaky shy sick timid tired unsure useless weak wishy washy worn out

Angry Feelings:

aggravated annoyed burned up critical disgusted enraged envious exasperated fed up frustrated fuming furious impatient indignant mad mean offended pissed off resentful riled sore sullen

Scared Feelings:

afraid anxious awed chicken confused fearful frightened horrified insecure intimidated jumpy lonely nervous panicky shaky shy stunned tense terrified threatened timid uneasy unsure worried

Strong Feelings:

active aggressive alert angry bold brave capable confident determined energetic happy healthy intense loud loved mean open positive potent