



**CRISIS ATHLETE™**

# DESCRIPTIVE EMOTIONS

Increasing your emotion vocabulary and learning to identify your emotions can help you regulate and manage them more effectively

## feelings when needs are satisfied



### CONTENT

GLAD, FULFILLED,  
SATISFIED, SECURE



### RELIEVED

COMPLACENT, COMPOSED,  
COOL, TRUSTING



### PEACEFUL

BLISSFUL, CALM, CENTERED,  
CLEAR HEADED, MELLOW,  
QUIET, SERENE, TRANQUIL



### GRATEFUL

APPRECIATIVE, GRACIOUS,  
HUMBLED, MOVED,  
THANKFUL, TOUCHED



### HOPEFUL

EXPECTANT,  
ENCOURAGED,  
OPTIMISTIC



### AFFECTIONATE

COMPASSIONATE, FRIENDLY,  
LOVING, OPENHEARTED,  
SYMPATHETIC, TENDER, WARM



### ENGAGED

ABSORBED, ALERT, EAGER,  
ENGROSSED, ENCHANTED,  
ENTRANCED, INVOLVED



### CONFIDENT

ACCEPTED, EMPOWERED,  
IMPORTANT, PROUD, SAFE,  
SECURE, SELF-ASSURED,  
VALUABLE, WORTHWHILE



### CURIOUS

ADVENTUROUS,  
INTERESTED, INTRIGUED,  
INQUISITIVE, FASCINATED,  
SPELLBOUND, STIMULATED



### REFRESHED

ENLIVENED, REJUVENATED,  
RENEWED, RESTED,  
RESTORED, REVIVED



### RELAXED

AT EASE, CAREFREE,  
COMFORTABLE, OPEN,  
PLEASANT



### JOYFUL

AMUSED, BUOYANT,  
DELIGHTED, ELATED,  
ECSTATIC, GLAD, GLEEFUL,  
JUBILANT



### INSPIRED

AMAZED, ASTONISHED,  
AWED, DAZZLED,  
RADIANT, SURPRISED,  
THRILLED, UPLIFTED



### EXCITED

ALIVE, AMAZED, ANIMATED,  
ENERGETIC, ENTHUSIASTIC,  
EUPHORIC, INVIGORATED,  
LIVELY, PASSIONATE



### EXHILARATED

ECSTATIC, ELATED,  
ENTHRALLED, EXUBERANT,  
GIDDY, SILLY, VIVACIOUS



### HAPPY

MERRY, OVERJOYED,  
PLAYFUL, PLEASED,  
RADIANT, TICKLED,  
CHEERFUL



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## feelings when needs are not satisfied



### PAIN

AGONY, ANGUISHED, BEREAVED, DEVASTATED, DISTRAUGHT, HEARTBROKEN, HURT, MISERABLE, WRETCHED



### SHOCKED

APPALLED, DISBELIEF, DISMAY, HORRIFIED, MYSTIFIED, STARTLED, SURPRISED



### SAD

BLUE, DEPRESSED, DEJECTED, DESPONDENT, DISHEARTENED, DOWNHEARTED, GRIEF, MELANCHOLY, SORROW, UNHAPPY



### DISCONNECTED

ALOOF, APATHETIC, DETACHED, DISENGAGED, DISTANT, INDIFFERENT, NUMB, REMOVED, WITHDRAWN



### TIRED

BEAT, DEPLETED, EXHAUSTED, FATIGUED, LETHARGIC, LISTLESS, SLEEPY, SLUGGISH, WORN OUT



### LONGING

DESPERATE, EMPTY, ENVIOUS, JEALOUS, NOSTALGIC, PINING, WISTFUL, YEARNING, UNSATISFIED



### EMBARRASSED

ASHAMED, BASHFUL, CHAGRINED, DEMORALIZED, DISGRACED, HUMILIATED, MORTIFIED



### CONFUSED

BAFFLED, BEWILDERED, DAZED, DISCOMBOBULATED, FLUSTERED, HESITANT, LOST, PERPLEXED, PUZZLED, TORN



### VULNERABLE

ALIENATED, FRAGILE, GUARDED, HELPLESS, INSECURE, LEERY, SENSITIVE



### AFRAID

APPREHENSIVE, FEARFUL, FRIGHTENED, HESITANT, MISTRUSTFUL, PARANOID, PETRIFIED, SCARED, UNNERVED, UNSTEADY



### ANXIOUS

ANTSY, EDGY, FRAZZLED, JITTERY, NERVOUS, RESTLESS, WORRIED



### UNEASY

ALARMED, PERTURBED, RATTLED, RESTLESS, TROUBLED, TURMOIL, UNCOMFORTABLE, UNNERVED, UNSETTLED



### ANGRY

ENRAGED, FURIOUS, INCENSED, INDIGNANT, IRATE, LIVID, MAD, OUTRAGED, TICKED OFF



### ANNOYED

AGGRAVATED, BOTHERED, CROSS, DISPLEASED, EXASPERATED, FRUSTRATED, IMPATIENT, IRKED, IRRITATED, PEEVED, AGITATED



### HOSTILE

ANTAGONISTIC, CONTEMPT, DISGUSTED, DISDAIN, HATE, HORRIFIED, REPULSED, SCORN, SURLY, VENGEFUL



### STRESSED

BURNED OUT, OVERWHELMED, PRESSURED, CONCERNED, TENSE