

Feelings and Emotions

- ▶ These are words that describe how we might feel in any given situation, depending on whether needs are being met or not.
- ▶ Ultimately there are only two kinds of feelings: comfortable and uncomfortable, and sometimes both (mixed feelings).
- ▶ Without naming feelings, we might still say, “I like / dislike...”, “I’m ok / not ok with...”, “I accept / don’t accept”, etc.
- ▶ Opinions differ about emotions in general—which ones are “*primary*” or “*universal*”, etc. This chart is just a starting point.

COMFORTABLE ◀ Feelings and Emotions ▶ UNCOMFORTABLE

Happiness	Surprise	Fear	Anger	Disgust	Sadness
satisfaction	excitement	concern	irritation	revulsion	disappointment
pleasure	amazement	anxiety	frustration	nauseousness	unhappiness
contentment	astonishment	fright	annoyance	scorn	hopelessness
delight	absorption	tension	exasperation	pity	despair
enjoyment	shock	embarrassment	bitterness	abhorrence	loneliness
amusement	enthralment	nervousness	outrage	contempt	regret
affection	relief	alarm	loathing	horror	remorse
love	gratitude	panic	hate	sickness	grief

NOT Feelings and Emotions (Thoughts)

“I feel...” followed by Evaluations	stupid, ugly, fortunate, guilty, inadequate, undeserving, worthless, powerless, responsible, taken advantage of	These words do not describe emotions or feelings—they are actually thoughts, mostly evaluations.
“I feel...” followed by words ending in “-ed”	disrespected, humiliated, used, ashamed, loved, ignored, patronized, judged, bullied, included, supported, understood, ripped off	These words also do not describe emotions or feelings—they describe what someone else is doing, or blames them (I feel used by...)”)
“I feel...” followed by non-feeling words	like, that, as if, as though, I, you, we, they, etc.	We don’t “feel as if...”, or, “feel like...”. We just <i>feel</i> ... feelings, emotions and sensations.
“Makes me feel...” (blaming events)	The only Reasons for our feelings are our own needs and values. Events only bring up feelings. Needs determine which feelings.	