Title: Feelings Vocabulary

Exercise Code: SLINTEGRA008

|  |  |  |
| --- | --- | --- |
| Modules: | Group size: | Duration: |
| 1. Social Learning | Individual  Small group  Large group | 45 min |

# Purpose:

list and name the feelings; to have and create an emotional (personal) vocabulary; there are many individuals who have no words (descriptors) for our feelings

# Description:

Expressing feelings is helpful to use and know words that refer to specific emotions: Many of us are often using words that are general or vague. For example, if we say, “I feel good”, the word “good” has many meanings: happy, excited, relieved or a number of other emotions. General words, such as “good” or “bad” etc.prevent the listener from connecting easily with what we actually feel.

While it is good to compile the list and by that increase power to articulate feelings and clearly describe a whole range of emotional states.

If you are working in the group, than it is good to create more creative atmosphere – such a poster design, mind map, or even facial expressions as a part of observation and evaluation training.

# Material:

paper, pencil, color cardboard

# Methods:

Mind mapping, poster

# Advice for Trainer: /

# Source/Literature:

Bercko Sonja. 2009. Psychosocial Rehabilitation Counselling Brochure. Integra Institute

# Handouts:

|  |  |
| --- | --- |
| **Feelings and Emotions Vocabulary Word List** |  |

**A**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| acceptance admiration adoration affection afraid | agitation aggressive aggravation agony alarm | alienation amazement amusement anger angry | anguish annoyance anticipation anxiety apprehension | assured astonishment attachment attraction awe |

**B**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| bewitched | bitterness | bliss | blue | boredom |

**C**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| calculating calm capricious | caring cautious charmed | cheerful closeness compassion | composed contempt concerned | contentment crabby crazed | crazy cross cruel |

**D**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| defeat defiance delighted dependence | depressed desire disappointment disapproval | discontent disenchanted disgust disillusioned | dislike dismay displeasure dissatisfied | distraction distress disturbed dread |

**E**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| eager earnest easy-going ecstasy ecstatic | elation embarrassment emotion emotional enamored | enchanted enjoyment enraged enraptured enthralled | enthusiasm envious envy equanimity euphoria | exasperation excited exhausted extroverted exuberant |

**F**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| fascinated fear | fearful ferocity | fondness fright | frightened frustration | furious fury |

**G**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| generous glad | gloomy glum | greedy grief | grim grouchy | grumpy guilt |

**H**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| happiness happy | homesick | hopeless horror | hostility humiliation | hurt hysteria |

**I**

|  |  |  |  |
| --- | --- | --- | --- |
| infatuated insecurity | insulted interested | introverted | irritation isolation |

**J**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| jaded jealous | jittery jolliness | jolly joviality | jubilation | joy |

**K**

|  |  |  |  |
| --- | --- | --- | --- |
| keen | kind | kindhearted | kindly |

**L**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| laid back lazy | like liking | loathing lonely | longing loneliness | love lulled lust |

**M**

|  |  |  |  |
| --- | --- | --- | --- |
| mad | misery | modesty | mortification |

**N**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| naughty | neediness | neglected | nervous | nirvana |

**O**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| open | optimism | ornery | outgoing | outrage |

**P**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| panic passion | peaceful pensive | pessimism pity | placid pleased | pride pushy |

**Q**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| quarrelsome | queasy | querulous | quick-witted | quiet | quirky |

**R**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| rage rapture | rejection relief | relieved remorse | repentance resentment | revulsion roused |

**S**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| sad sadness sarcastic sardonic | satisfaction scared scorn self-assured | sentimentality serenity shame shock | sorrow sorry spellbound spite stingy | submission suffering surprise sympathy |

**T**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| tenderness tense | terror threatening | thrill timidity | torment tranquil | triumph trust |

**U**

|  |  |  |  |
| --- | --- | --- | --- |
| uncomfortable | unhappiness | unhappy | upset |

**V**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| vain | vanity | venal | vengeful | vigilance | vivacious |

**W**

|  |  |  |  |
| --- | --- | --- | --- |
| wary watchfulness | weariness weary | woe wonder | worried wrathful |

**Z**

|  |  |
| --- | --- |
| zeal | zest |