### Feeling Words List

**Protective Emotions**
- Anger: annoyed, agitated, fed up, frustrated
- Fear: timid, uneasy, tense, insecure, cowardly, worried, afraid
- Panic: flumoxed, mixed up, unsure, uncomfortable, troubled, perplexed, insecure, unhappy, hurt, awful, sick, distressed, hopeless, miserable, heartbroken
- Sadness: disappointed, low, down, gloomy, disturbed, mingled, unhappy, hurt, aweful, powerless, shaky, sick

**Weak Feelings**
- Weak Feelings: thirsty, hungry, tired, run-down, worn out, sore, sore
- Physical Fatigue: hungry, tired, run-down
- Emotional Fatigue: helpless, desperate, trapped, trapped
- Disconnected: depressed, terrible, exhausted, stressed, fragile, lifeless, defeated

**Seeking / Engaging with**
- Seeking / Engaging with: Creation, curious, clever, inquisitive, motivated, stimulated
- Active: energetic, intrigued, engaged, constructive
- Productive: creative, eager, bold, artistic

**Caring**
- Caring: helpful, secure, attentive, considerate, friendly, kind
- Understanding: giving, supportive, connected, tender, loving
- Nurturing: attached, joined, attached

**Playful**
- Playful: relaxed, glad, light-hearted, amused, cheerful, comical, silly

**Sexual**
- Sexual: flirtatious, affectionate, tender, cuddly, frisky, romantic, physical
- Turned on: turned on, amorous, desirous, aroused, stimulated

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These Feeling Word lists are arranged in order of increasing intensity as you go down the list except for the weak feelings list.
The Weak Feelings list is arranged on a continuum from feelings in response to physical fatigue to feelings in response to emotional fatigue.
Emotional State Definitions

Protective Emotions

Anger
The "Fight" reflex.
Feelings range from annoyed to bitter, thoughts that overflow with blame and contempt, memories of past offenses and the desire to attack. Often produces energy through adrenaline.
**Advantage:** Self protection and to protect loved ones.

Fear
The "Flight" reflex.
Feelings range from timid to terrified, thoughts on a continuum from worried to catastrophic, producing the desire to escape from a threat.
**Advantage:** Escape danger.

Panic
The "Freeze" reflex.
Produces feelings of fear and confusion in the face of perceived or actual danger. Similar to the Fear brain state, though opposing thoughts and feelings flood the brain, leading to a sense of being out of control and helpless. Often produces a frenzied urgency to do something but without clear direction on what to do.
**Advantage:** motivation to seek help outside of self.

Sadness
Often in the face of disconnection from loved ones, sadness is a part of the grieving process. The greater the emotional connection with someone or thing, the greater sense of sadness experienced at the loss of that person or thing.
**Advantage:** Motivation for focusing on the loss, and eventually finding comfort, support and connection with other safe individuals.

Weak Feelings
Though this is not a Brain state, when over-worked, we experience fatigue, which can influence the ability to shift to other brain states. Feelings are triggered by physical pain, illness, exhaustion, hunger, etc. Also Emotional Fatigue weak feelings can be a result of intense or prolonged emotional experience. When fatigued often the brain perceives more triggers as threats and we become more reactive than responsive.
**Advantage:** focuses the body on restoration.

Connective Emotions

Caring Connection
The Caring brain state. Produces feelings of warmth, tenderness and concern for others.
**Advantage:** Motivation to connect with and care for others. Involves putting self needs on hold in order to help and connect with others.

Playful Connection
Produces the desire to spontaneously and happily connect with others.
**Advantage:** releases neuropeptides promoting social connection, creativity and a feeling of joyful well being.

Sexual Connection
Produces feelings of sexual arousal and motivation towards engaging in sexual activity. Triggers the release of oxytocin (cuddle hormone) and often activates the Caring brain state.

Seeking/Engaging with Creation
The Busy Brain. Motivates people to energetically explore their worlds and produces a state of mind in which people are focused, attentive and fully engaged.
**Advantage:** Motivation to learn and solve problems.

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