

The Variety of Feelings

We like it when another person understands how we feel and *does so without judgement*. It builds trust and friendship. This exercise shows just a sample of the huge variety of emotions; there are thousands more. Use these two pages with the 3-minute audio at <https://www.centerforboldaction.org/wwjs-media>

	<p>Sad (depressed, lonely, gloomy, blue, discouraged, down in the dumps, apathetic, empty) My best friend moved last week. A thousand miles! I'll never see her again.</p>
	<p>Afraid (panicky, suspicious, frantic, anxious, worried, tense, nervous, on edge, cautious) Yeah, it could happen. The plant could close and we'll all be looking for work!</p>
	<p>Happy (friendly, joyful, mellow, peaceful, relaxed, satisfied, terrific, calm, great, optimistic) My sister and her twins are going to visit me for a week! They're so cute!</p>
	<p>Disgusted (revulsed, sickened, offended, cynical, mistrusted, put off, disinterested, hesitant) The way those kids acted was awful. No common sense. No manners!</p>
	<p>Angry (hateful, furious, enraged, hostile, mad, irritated, annoyed, fuming, cranky, out of sorts) My husband just bought a \$12,000 Harley. Now he wants to trade up. What a jerk!</p>
	<p>Surprised (shocked, amazed, stunned, startled, overwhelmed, speechless, dazed, jolted) The best part of our trip to Florida was seeing a rocket launched at Cape Canaveral!</p>
	<p>Proud (bragging, boastful, arrogant, glad, satisfied, gratified, impressive, rewarded, super) I didn't expect to win but now that I have . . . well, it's all I want to talk about.</p>
	<p>Ashamed (guilty, mad at self, self-conscious, uncomfortable, sheepish, awkward, unsure of self) The worst part was when my little boy wouldn't talk to me. I failed as a father.</p>
	<p>Embarrassed (humiliated, flustered, agitated, wanted to hide, half crazy, stupid, like a jerk) I wished I could hide. Everyone stared at me. I died a thousand times out there.</p>
	<p>Excited (hyper, thrilled, distracted, passionate, challenged, enthusiastic, delighted, eager) Roller coasters get better every year. Let's do it again. You can't get sick twice.</p>
	<p>Confident (strong, bold, fearless, capable, brave, independent, qualified, skillful, in control) As soon as the judges see my quilt they will put me down for a blue ribbon.</p>

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	<p>Sad (depressed, lonely, gloomy, blue, discouraged, down in the dumps, apathetic, empty) I didn't get the job I have wanted all my life.</p>
	<p>Afraid (panicky, suspicious, frantic, anxious, worried, tense, nervous, on edge, cautious) Wake up but be quiet. I heard a window shatter. I think someone is in the house.</p>
	<p>Happy (friendly, joyful, mellow, peaceful, relaxed, satisfied, terrific, calm, great, optimistic) Oh, man! Vacation starts in three days. I can't wait to travel!</p>
	<p>Disgusted (revulsed, sickened, offended, cynical, mistrustful, put off, disinterested, hesitant) Watching him gulp frog legs and crawfish made me sick. I ran to the bathroom.</p>
	<p>Angry (hateful, furious, enraged, hostile, mad, irritated, annoyed, fuming, cranky, out of sorts) What's the matter with that guy? Is he driving drunk?</p>
	<p>Surprised (shocked, amazed, stunned, startled, overwhelmed, speechless, dazed, jolted) You could have knocked me over with an eyeliner brush! It was totally unexpected!</p>
	<p>Proud (bragging, boastful, arrogant, glad, satisfied, gratified, impressive, rewarded, super) Bowling teams that brag that they are better than us won't schedule us, the cowards!</p>
	<p>Ashamed (guilty, mad at self, self-conscious, uncomfortable, sheepish, awkward, unsure of self) I knew when I did it I would regret it, and I sure do! Ten times over!</p>
	<p>Embarrassed (humiliated, flustered, agitated, want to hide, half crazy, stupid, like a jerk) It was the biggest blunder of my life and I made it at the worst possible moment!</p>
	<p>Excited (hyper, thrilled, distracted, passionate, challenged, enthusiastic, delighted, eager) It's just what I wanted to have happen and now the dream is coming true!</p>
	<p>Confident (strong, bold, fearless, capable, brave, independent, qualified, skillful, in control) If we don't win it won't be from not trying. We will live up to our great tradition.</p>

The synonyms in the tables just peek at the richness of our language. We have not included slang (it changes rapidly) or useful expressions like "You must be climbing the walls," which is not a feeling but vividly and helpfully communicates feeling. Use language that is natural to you and understandable by the other. Vulgar or profane words change the character of the conversation. Do not use either even if the other person does.