



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

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ALOOF, APATHETIC, DETACHED, DISENGAGED, DISTANT, INDIFFERENT, NUMB, REMOVED, WITHDRAWN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

