Emotional Vocabulary for *The Language of Emotions*

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~ANGER~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

**Anger Lite**
Annoyed ~ Frustrated ~ Cross ~ Apathetic ~ Peeved ~ Irritated ~ Cranky ~ Crabby ~ Bored ~
Impatient ~ Critical ~ Cold ~ Displeased ~ Rankled ~ Detached ~ Indifferent

**Anger in its Mood State**
Angry ~ Mad ~ Offended ~ Antagonized ~ Bristling ~ Sarcastic ~ Aggravated ~ Arrogant ~
Indignant ~ Inflamed ~ Affronted ~ Resentful ~ Incensed ~ Exasperated ~ Riled up

**Intense Anger**
Hostile ~ Aggressive ~ Livid ~ Outraged ~ Furious ~ Belligerent ~ Disgusted ~ Appalled ~ Bitter ~
Ranting ~ Raving ~ Contemptuous ~ Hateful ~ Vengeful ~ Vindictive ~ Violent ~ Irate ~ Menacing ~
Seething ~ Vicious ~ Spiteful

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~SADNESS~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

**Sadness Lite**
Regretful ~ Disconnected ~ Distracted ~ Low ~ Listless ~ Wistful

**Sadness in its Mood State**
Sad ~ World-weary ~ Down ~ Melancholy ~ Mournful ~ Weepy ~ Grieving ~ Gloomy ~ Dejected ~
Downtrodden ~ Heavy-hearted ~ Forlorn ~ Sorrowful ~ Dispirited ~ Discouraged ~ Drained

**Intense Sadness**
Despairing ~ Bleak ~ Despondent ~ Depressed ~ Anguished ~ Inconsolable ~ Grief-stricken ~
Hopeless ~ Heartbroken ~ Morose ~ Bereaved

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~HAPPINESS~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

**Happiness Lite**
Smiling ~ Upbeat ~ Peaceful ~ Calm ~ Amused ~ Open ~ Friendly ~ Encouraged ~ Hopeful ~
Inspired ~ Jovial

**Happiness in its Mood State**
Happy ~ Glad ~ Content ~ Optimistic ~ Cheerful ~ Joyful ~ Satisfied ~ Lively ~ Delighted ~
Rejuvenated ~ Pleased ~ Gratified ~ Gleeful ~ Merry ~ Playful

**Intense Happiness**
Elated ~ Exhilarated ~ Manic ~ Giddy ~ Euphoric ~ Awe-filled ~ Blissful ~ Enthralled ~ Rapturous ~
Jubilant ~ Ecstatic ~ Overjoyed ~ Radiant
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~FEAR~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Fear Lite
Alert ~ Hesitant ~ Pensive ~ Watchful ~ Cautious ~ Curious ~ Leery ~ Uneasy ~ Doubtful ~
Confused ~ Apprehensive ~ Shy ~ Concerned ~ Disquieted ~ Timid ~ Edgy ~ Fidgety ~
Disconcerted ~ Insecure ~ Indecisive ~ Disoriented

Fear in its Mood State
Fearful ~ Afraid ~ Suspicious ~ Startled ~ Unnerved ~ Anxious ~ Nervous ~ Worried ~ Alarmed ~
Shaky ~ Perturbed ~ Aversive ~ Wary ~ Distrustful ~ Rattled ~ Unsettled ~ Jumpy

Intense Fear
Terrorized ~ Shocked ~ Panicked ~ Filled with Dread ~ Horrified ~ Phobic ~ Petrified ~ Paralyzed

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~JEALOUSY & ENVY~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Lite Jealousy and Envy
Suspicious ~ Insecure ~ Distrustful ~ Protective

Mood-State Jealousy and Envy
Jealous ~ Envious ~ Covetous ~ Threatened ~ Desiring ~ Desirous

Intense Jealousy and Envy
Greedy ~ Grasping ~ Persistently jealous ~ Possessive ~ Resentful ~ Threatened ~ Avaricious ~
Gluttonous ~ Green with envy

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~SHAME & GUILT~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Lite Shame
Hesitant ~ Flushed ~ Self-conscious ~ Speechless ~ Discomfited ~ Awkward ~ Humble ~ Reticent ~
Abashed ~ Flustered ~ Withdrawn

Shame in its Mood State
Ashamed ~ Guilty ~ Embarrassed ~ Intimidated ~ Penitent ~ Regretful ~ Remorseful ~ Chagrined ~
Culpable ~ Reproachful ~ Sheepish ~ Rueful ~ Contrite ~ Humbled

Intense Shame
Humiliated ~ Guilt-ridden ~ Guilt-stricken ~ Disgraced ~ Stigmatized ~ Mortified ~ Demeaned ~
Self-condemning ~ Self-flagellating ~ Degraded ~ Shamefaced ~ Belittled ~ Ostracized
SUICIDAL URGES

Lite Suicidal Urges
Depressed ~ Dispirited ~ Constantly irritated, angry, or enraged (see the anger list on page 1) ~ Helpless ~ Impulsive ~ Withdrawn ~ Apathetic ~ Lethargic ~ Disinterested ~ Pessimistic ~ Purposeless ~ Discouraged ~ Feeling worthless ~ Isolated ~ World-weary ~ Humorless ~ Listless ~ Melancholy ~ Flat ~ Indifferent

Mood-State Suicidal Urges
Desperate ~ Hopeless ~ Despairing ~ Morbid ~ Sullen ~ Desolate ~ Miserable ~ Overwhelmed ~ Pleasureless ~ Joyless ~ Fatalistic ~ Empty ~ Passionless ~ Bereft ~ Crushed ~ Drained

Intense Suicidal Urges
Agonized ~ Tormented ~ Self-destructive ~ Tortured ~ Anguished ~ Bleak ~ Numb ~ Doomed ~ Death-seeking ~ Reckless ~ Devastated ~ Nihilistic

---Note---
If you’re feeling any level of suicidal urges, don’t feel as if you have to wait until you’re in the throes of torment to reach out for help. If you can learn to catch your suicidal urges when they’re in the lite stage, you can often stop yourself from falling into the pit of anguish. In the territory of the suicidal urge, your capacity for emotional awareness and articulation can literally save your life!

If you or anyone you know is feeling suicidal, please know that free, safe, confidential help is available. In the US, you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). For other countries, the International Association for Suicide Prevention has a list of crisis and suicide prevention centers throughout the world at http://www.iasp.info/resources/index.php.

How to Be Helpful to Someone Who Is Threatening Suicide (from the NSPL website)
♦ Be direct. Talk openly and matter-of-factly about suicide.
♦ Be willing to listen. Allow expressions of feelings. Accept the feelings.
♦ Be non-judgmental.
♦ Don’t debate whether suicide is right or wrong, or whether feelings are good or bad.
♦ Don’t lecture on the value of life.
♦ Get involved. Become available. Show interest and support.
♦ Don’t dare him or her to do it.
♦ Don’t act shocked. This will put distance between you.
♦ Don’t be sworn to secrecy. Seek support.
♦ Offer hope that alternatives are available but do not offer glib reassurance.
♦ Take action. Remove means, such as guns or stockpiled pills.
♦ Get help from people or agencies specializing in crisis intervention and suicide prevention.

Thank you for your emotional fluency and your willingness to reach out.