



Identifying your Emotions: Feelings Chart

Being able to identify your feelings is an important part of Emotional Intelligence. Below is a chart of common, negative feelings. If you are struggling with identifying your feelings, try using this chart.

AFRAID	ANGRY	CONFUSED	HURT	SAD
agitated	aggravated	anxious	abandoned	alone
cornered	annoyed	baffled	abused	blue
fearful	bitter	bewildered	awful	burdened
frightened	disgusted	distracted	betrayed	dejected
jumpy	dismayed	dumbfounded	cheated	depressed
overwhelmed	frustrated	flustered	crippled	disappointed
nervous	furious	helpless	deflated	discouraged
panicky	irritated	incapable	forgotten	disheartened
scared	mad	incompetent	damaged	empty
shaken	offended	jarred	deserted	excluded
spooked	outraged	muddled	dreadful	friendless
terrified	provoked	perplexed	ignored	let down
threatened	repulses	puzzled	insulted	lonely
uneasy	ticked off	rattled	isolated	lost
unnerved	resentful	useless	neglected	rejected
worried	upset	unworthy	slighted	weary