

LIST OF FEELINGS THAT PERSONS HAVE BUT OFTEN FAIL TO IDENTIFY

We all spend so much time in our heads that we can be out of touch with our feelings at times. Use this chart as needed to get in touch with how you are truly feeling. When we can name our feelings we give them a voice. For example, if you're in Critter State and feeling frustrated if you simply say "I'm really frustrated right now" you'll diffuse some of the tension, help your colleagues understand what's going on with you, and avoid people taking your behavior personally. Which helps them stay out of Critter State!

Abandoned	Destructive	Hate	Nice	Sexy
Adequate	Determined	Heavenly	Nutty	Shocked
Adamant	Different	Helpful		Silly
Affectionate	Diffident	Helpless		Skeptical
Agony	Diminished	High	Obnoxious	Sneaky
Almighty	Discontented	Homesick	Obsessed	Solemn
Ambivalent	Distracted	Honored	Odd	Sorrowful
Angry	Disturbed	Horrible	Opposed	Spiteful
Annoyed	Dominated	Hurt	Outraged	Startled
Anxious	Divided	Hysterical	Overwhelmed	Stingy
Apathetic	Dubious			Strange
Astounded		Ignored	Pain	Stuffed
Awed	Eager	Immortal	Panicked	Stupid
	Ecstatic	Imposed upon	Parsimonious	Stunned
Bad	Electrified	Infatuated	Peaceful	Stupefied
Beautiful	Empty	Infuriated	Persecuted	Suffering
Betrayed	Enchanted	Inspired	Petrified	Sure
Bitter	Energetic	Intimidated	Pity	Sympathetic
Blissful	Enervated	Isolated	Pleasant	
Bold	Enjoy		Pleased	Talkative
Bored	Envious	Jealous	Precarious	Tempted
Brave	Excited	Joyous	Pressured	Tenacious
Burdened	Evil	Jumpy	Prim	Tenuous
	Exasperated		Prissy	Tense
Calm	Exhausted	Kicky	Proud	Tentative
Capable		Kind		Terrible
Captivated	Fascinated	Keen	Quarrelsome	Terrified
Challenged	Fawning		Queer	Threatened
Charmed	Fearful	Laconic		Tired
Cheated	Flustered	Lazy	Rage	Thwarted
Cheerful	Foolish	Lecherous	Rupture	Troubled
Childish	Frantic	Left out	Refreshed	
Clever	Frustrated	Licentious	Rejected	Ugly
Combative	Frightened	Lonely	Relaxed	Uneasy
Competitive	Free	Longing	Relieved	Unsettled
Condemned	Full	Loving	Remorse	
Confused	Furious	Low	Restless	Violent

Conspicuous		Lustful	Reverent	Vehement
Contented	Gay		Rewarded	Vitality
Contrite	Glad	Mad	Righteous	Vulnerable
Cruel	Good	Maudlin		Vivacious
Crushed	Gratified	Mean	Sad	
Culpable	Greedy	Melancholy	Sated	Wicked
	Grief	Miserable	Satisfied	Wonderful
Deceitful	Groovy	Mystical	Scared	Weepy
Defeated	Guilty		Screwed up	Worried
Delighted	Gullible	Naughty	Servile	
Desirous		Nervous	Settled	Zanie
Despair	Happy			