

Feeling and Non-feeling Words

Emotions fall into two categories: primary and secondary. Primary emotions are universal across cultures and even across species. The primary emotions are fear, anger, disgust, surprise, sadness, and happiness. Secondary emotions are founded in the primary emotions. The secondary emotions are sympathy, embarrassment, shame, guilt, pride, jealousy, envy, gratitude, admiration, indignation, and contempt.

Feelings likely to be present when needs ARE being met				
Comfortable	Happy	Friendly	Trusting	Interested
Rested	Glad	Warm	Open	Involved
Content	Joyful	Appreciative	Confident	Eager
Satisfied	Cheerful	Affectionate	Secure	Excited
Relaxed	Delighted	Tender	Hopeful	Curious
Refreshed	Optimistic	Loving	Grateful	Alert
Nourished	Proud	Compassionate	Thankful	Inspired
Peaceful	Ecstatic	Sensitive	Encouraged	Fascinated
Relieved	Goofy	Playful	Adventurous	Enthusiastic
Calm	Amused	Open	Empowered	Engaged
Tranquil	Pleased	Sympathetic	Centered	Stimulated
Fulfilled	Energetic	Touched	Safe	Intrigued

Feelings likely to be present when needs are NOT being met				
Uncomfortable	Sad	Mad	Scared	Confused
Uneasy	Unhappy	Irritable	Afraid	Indifferent
Embarrassed	Depressed	Frustrated	Fearful	Troubled
Impatient	Lonely	Grumpy	Worried	Torn
Distressed	Miserable	Irritated	Anxious	Perplexed
Hurt	Melancholy	Angry	Insecure	Suspicious

Restless	Blue	Bitter	Helpless	Hesitant
Jealous	Gloomy	Furious	Nervous	Puzzled
Exasperated	Sorrowful	Resentful	Horried	Skeptical
Self-conscious	Regretful	Hostile	Terrified	Shocked
Bored	Hopeless	Enraged	Apprehensive	Rattled
Doubtful	Lethargic	Outraged	Guarded	Hesitant



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Non-feeling Words and Phrases (mistakenly used as feeling words and phrases)			
Attacked	Ignored	Insulted	Intimated
Invalidated	Left out	Let down	Manipulated
Overpowered	Patronized	Pressured	Ripped off
Rejected	Threatened	Trapped	Tricked
Unheard	Distrusted	Used	Violated
Dumped on	Disrespected	Put upon	Abandoned
Blamed	Hassled	Accused	Taken advantage of
Bullied	Cheated	Coerced	Misunderstood
Neglected	Put down	Unseen	Unwanted
Overworked	Cornered	Hassled	Taken for granted
Abused	Betrayed	Diminished	Interrupted
Misled	Provoked	Unappreciated	Unsupported
Unimportant	Invisible	Smothered	Tricked

These non-feeling words or phrases are perceptions of what people think others are doing to them. Non-feeling words represent part of a "victim language" that implies someone has power over other people to "make them feel" a certain way.

You can connect back to your true emotions and power when you catch yourself using one of these non-feeling words or phrases. This can help you move into true emotions and feelings:

"When I think I am [fill in the word from the non-feeling list], I feel [fill in with word from the emotion list]."

Example: When I think I am manipulated, I feel uneasy.

Example: When I think or tell myself that Charlotte is ignoring me, I feel some dismay because I want mutual interest and input in our project.

It is important to understand that some of the nonfeeling words can be judgements on yourself—for example, unworthy, stupid, worthless, hopeless, inept, wrong, bad.

