



Emotions List

BASED ON THE WORK OF BRYON KATIE

This is a beginning guide to the rainbow of emotions we experience. Many things elicit emotion: people, places, situations, words, thoughts, habits, food choices etc. The following is a list so that we may begin to be more aware of the nuances of emotion; ie the different flavors of the basic ones we talk about such as anger, sadness, happiness etc.

There are many ways to use this list on our path of self discovery and healing. The first is to become aware of what we feel, when we feel it. This allows us to understand ourselves better, as well as make choices that encourage the "lighter" side of being. When we experience "dark" emotions, there is an opportunity to look deeper, not to avoid, but to unwind and heal potential areas that are asking for attention.

Furthermore, when we can identify our emotions, we can, in a way take on more of an observer role, detaching ourselves from identifying with said emotion or thought, and being more easily able to feel into why we are feeling or thinking in a certain way. Journaling is an amazing way to record our experiences, keep this list handy while journaling and being to appreciate the vast and colorful experience that is the Emotional World.

Always remember, be gentle and kind with yourself and others, and approach exercises such as these with non-judgement. There is no right or wrong in the Emotional World, there is just what is. Normal rules of logic do not apply here, thus trying to talk ourselves or another out of feeling something generally does not work. The goal is to increase self-awareness and mindfulness, not to change or fix ourselves or others. True transformation comes with awareness, acceptance and choosing the path of love, whatever that means for us in the moment. Blessings Always.

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THE DARK

Angry	Depressed	Confused	Helpless	Indifferent	Afraid	Hurt	Sad	Judgemental
irritated	disappointed	doubtful	incapable	insensitive	fearful	crushed	tearful	stony
hostile	discouraged	uncertain	alone	dull	terrified	tormented	sorrowful	serious
insulting	ashamed	indecisive	paralyzed	reserved	suspicious	deprived	anguished	stern
annoyed	powerless	perplexed	fatigued	weary	anxious	pained	desolate	frowning
upset	diminished	embarrassed	useless	bored	alarmed	tortured	unhappy	recoiling
hateful	guilty	hesitant	inferior	preoccupied	panicked	rejected	lonely	glaring
bitter	dissatisfied	shy	vulnerable	cold	nervous	injured	grieved	disgusted
frustrated	miserable	disillusioned	empty	lifeless	scared	offended	mournful	unfair
controlling	desperate	distrustful	distressed	uncaring	worried	afflicted	dismayed	attacked
resentful	alienated	misgiving	pathetic	uninterested	frightened	aching	downhearted	tactless
malicious	pessimistic	lost	distraught	unresponsive	timid	victimized	oversensitive	hurtful
critical	self-critical	unsure	doomed	tired	shaky	heartbroken	dirty	bossy
mean	gloomy	uneasy	overwhelmed	slow	restless	agonized	remorseful	stilted
violent	dis-heartened	tense	incompetent	robotic	threatened	appalled	sullen	stiff
spiteful	down	stressed	inept	sluggish	cowardly	wronged	sour	brutal
furious	rotten	uncomfortable	shut down	apathetic	insecure	insulted	self-depricating	combative
agitated	masochistic	dishonest	cut off	shut-off	wary	withdrawn	unworthy	pushy
repulsed	stuck	superior	trapped	distracted	menaced	miffed	fragile	negleltful
mad	tight	disdainful	weak	detached	uptight	indignant	disconnected	stonewalling
stubborn	blocked	manipulative	sick		apprehensive	suffering	devastated	rude
impatient	despairing	judgemental	nauseated		defensive	distant	blindsided	ranting
disrespectful	grouchy	argumentative	fidgety		dreadful	invaded	discontented	scolding
jealous	moody	condescending	trembling		guarded	bulldozed	crying	shrill
yelling	burdened	demanding	craving		self-absorbed	bullied	groaning	hard
screaming	no energy	confounded	hungry		avoiding	secretive	moaning	fake
contrary	touchy	distracted	squirming		intimidated	slighted	lost	phony
reprimanding	haggard	disorientated	jitery		paranoid	smothered	forlorn	shallow
venomous	slumped	frenzied	woozy		inhibited	belittled	alone	territorial
quarrelsome	achy	awkward	compulsive		immobile			complaining
								obsessive

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THE LIGHT

Open	Loving	Happy	Interested	Alive	Positive	Peaceful	Strong	Relaxed
understanding	considerate	blissful	fascinated	playful	eager	calm	reliable	glowing
confident	affectionate	joyous	intrigued	courageous	keen	good	sure	radiant
easy	sensitive	delighted	absorbed	energetic	earnest	at ease	unique	beaming
connected	tender	overjoyed	inquisitive	liberated	inspired	comfortable	dynamic	reflective
free	devoted	gleeful	engrossed	optimistic	enthusiastic	pleased	tenacious	smiling
sympathetic	attracted	thankful	curious	frisky	bold	encouraged	hardy	grounded
interested	passionate	festive	amazed	animated	brave	content	secure	unhurried
satisfied	admiring	ecstatic	involved	spirited	hopeful	quiet	stable	open-minded
receptive	warm	satisfied	attentive	thrilled	upbeat	certain	rooted	efficient
accepting	touched	glad	observant	wonderful	beautiful	relaxed	honest	non-controlling
kind	close	cheerful	amused	funny	creative	serene	composed	unassuming
harmonious	loved	sunny	thoughtful	great	helpful	bright	self-affirming	trusting
empathetic	sweet	elated	courteous	giving	resourceful	blessed	truthful	supported
tolerant	gentle	jubilant	intent	sharing	motivated	assured	supportive	fluid
friendly	compassionate	jovial	focused	intelligent	cooperative	clear	excellent	light
approachable	caring	fun-loving		exhilarated	productive	balanced	perseverant	spontaneous
outgoing	allowing	lighthearted		equal	exuberant	fine	responsible	trusting
flowing	nonjudgemental	easygoing		excited	in the zone	grateful	energized	healthy
flexible	appreciative	mellow		enjoying	responsive	carefree	sane	mindful
present	respectful	glorious		communicative	conscientious	adequate	complete	still
listening	humble	innocent		active	approving	fulfilled	mature	rested
welcoming	gracious	child-like		spunky	honored	genuine	solid	laughing
embracing	patient	gratified		youthful	priveleged	authentic		graceful
	honoring	euphoric		vigorous	adaptable	forgiving		natural
	expansive	rapturous		joyful		sincere		steady
	kindly	in good humor				uplifted		centered
	grateful	in heaven				unburdened		
						confident		
						self-sufficient		