List of Emotions and Feelings

This list of emotions and feelings has all 53 words from Brimmy in 8 families, each with a short explanation. An exact word helps you notice a feeling and talk about it — to yourself or to your therapist.

Anxiety

anxious — Uneasy, as if something might happen
scared — Something feels dangerous, I want to protect myself or get away
nervous — Jittery before something important
insecure — I doubt it will work out
lost — I don't know what to do next
panicked — Fear hits suddenly and hard, I can't calm down

Joy

joyful — Things feel good, I want to smile
curious — I want to learn, figure it out, try
excited — Looking forward to something good
hopeful — I believe it might turn out well
proud — I value what I or people close to me achieved
admiring — Someone or something really impresses me

Sadness

sad — Feeling down, I want some quiet
longing — I miss someone or something and feel drawn to it
lonely — I'm missing connection with people
disappointed — I expected one thing and got another
empty — Empty inside, as if everything is used up
powerless — I want to change it but can't
regretful — I'm sorry it turned out this way
grieving — It hurts because of a loss
hopeless — It feels like nothing will change
apathetic — I don't feel like doing anything, nothing moves me
bored — Nothing interests me, time drags

Calm

calm — Steady, nothing is rushing or bothering me
relieved — Something let go, it feels easier
content — I've done enough, everything is in its place
confident — I have solid ground: I can handle this
safe — It's safe here, I don't have to be on guard

Anger

angry — Something hit a nerve, I want to push back
irritated — Little things get to me and get in the way
hurt — It hurts how I was treated
indignant — It feels unfair, I want to say so
disgusted — I want to pull away: "ew"
envious — I want what someone else has
jealous — I'm afraid of losing someone's attention or closeness

Warmth

warm — A soft, kind feeling inside
loving — A strong bond, someone is very dear to me
tender — I want to take gentle care of someone
connected — I feel a connection, I'm being heard
grateful — I appreciate what I was given or what I have
compassionate — I feel someone else's pain and want to support them
charmed — So sweet it makes me smile

Shame & Guilt

ashamed — I want to hide, as if something is wrong with me
guilty — I feel that something I did hurt someone
awkward — Uncomfortable, not sure how to act
vulnerable — Open and unprotected in front of others
remorseful — I want to make right what I did
humiliated — My dignity was hurt

Mixed

surprised — Unexpected — could be pleasant or not
bittersweet — Sad and warm at the same time
nostalgic — Nice to remember, and a little sad it's over
torn — I want to and I'm scared to at the same time
moved — Touched to the point of tears