

## Did you know?

There are over 3000 feelings in the English language. Most people can easily recognise at least 500 of those, but when asked to list emotions they only list five to ten. There is enormous value in specifically naming our emotions and building our emotion vocabulary.



FOR ADULTS

### AFRAID

Panicked  
Overwhelmed  
Restless  
Anxious  
Confused  
Frantic  
Nervous  
Worried  
Hesitant  
Terrified

### CONNECTED

Affectionate  
Compassionate  
Loving  
Sensual  
Caring  
Grateful  
Passionate  
Loved  
Accepted

### ANGRY

Furious  
Annoyed  
Helpless  
Enraged  
Frustrated  
Impatient  
Irritable  
Resentful

### CENTERED

Relieved  
Hopeful  
Serene  
Secure  
Free  
Calm  
Clear  
Peaceful  
Whole

### ASHAMED

Guilty  
Embarrassed  
Insignificant  
Humiliated  
Awkward  
Insecure  
Worthless  
Jealous

### PROUD

Confident  
Capable  
Determined  
Strong  
Fulfilled  
Brave  
Appreciated  
Honored  
Respected

### SAD

Grief  
Lonely  
Disappointed  
Hopeless  
Depressed  
Miserable  
Empty  
Lost  
Regretful  
Disconnected  
Bored

### HAPPY

Alive  
Excited  
Joyful  
Carefree  
Ecstatic  
Motivated  
Delighted  
Playful  
Amused

### INTERESTED

Curious  
Moved  
Inspired  
Impressed  
Engaged  
Awed  
Impressed

### DISGUSTED

Shocked  
Hateful  
Dislike

Tired  
Vulnerable  
Hurt  
Upset

## Note

This list of feelings is created by Manuela Bolton and was carefully selected based on extensive research and testing.

Key priorities were to have a wide array of common emotions that are experienced on a regular basis and to balance pleasant and unpleasant feelings. The feelings are grouped in colors by family to help people navigate through the emotions they may feel.

More information on [www.feelingmagnets.com](http://www.feelingmagnets.com)

## Saviez-vous?

Il y a plus de 3000 sentiments dans la langue anglaise. La plupart des gens peuvent facilement reconnaître au moins 500 d'entre eux, mais lorsqu'on leur demande d'énumérer les émotions, ils n'en énumèrent que cinq à dix. Il est très important de nommer spécifiquement nos émotions et de construire notre vocabulaire émotionnel.



### PEUR

Paniqué  
Submergé  
Agité  
Anxieux  
Confus  
Frénétique  
Nerveux  
Inquiet  
Hésitant  
Terrifié

### CONNECTÉ

Affectueux  
Compatissant  
Aimant  
Sensuel  
Attentionné  
Reconnaissant  
Passionné  
Aimé  
Accepté

### EN COLÈRE

Furieux  
Contrarié  
Impuissant  
Fâché  
Frustré  
Impatient  
Irritable  
Froissé

### CENTRÉ

Soulagé  
Plein d'espoir  
Serein  
Securisé  
Libre  
Calme  
Clair  
Paisible  
Entier

### HONTEUX

Coupable  
Gênée  
Sans valeur  
Humilié  
Embarrassé  
Jaloux  
Incertain  
Insignifiant

### FIÈRE

Confiant  
Capable  
Déterminé  
Fort  
Epanoui  
Courageux  
Apprécié  
Honoré  
Respecté

### TRISTE

Chagriné  
Seul  
Déçu  
Désespéré  
Depressif  
Misérable  
Vide  
Perdu  
De regret  
Débranché  
Ennuyé

### HEUREUX

Vivant  
Excité  
Joyeux  
Insouciant  
Extasié  
Motivé  
Enchanté  
Joueur

### EMERVEILLÉ

Curieux  
Emu  
Inspiré  
Impressionné  
Impliqué

### DÉGOUTÉ

Choqué  
Haineux  
Ne pa aimer

Fatigué  
Vulnerable  
Bléssé  
Bouleversé

## NOTE

Cette liste de sentiments est créée par Feeling Magnets Inc. et a été soigneusement sélectionnée sur la base de recherches approfondies et de tests.

Les principales priorités étaient d'avoir un large éventail d'émotions communes qui sont éprouvées sur une base régulière et d'équilibrer les sentiments «positifs» et «négatifs». Les sentiments sont regroupés en couleurs par famille pour aider les gens à naviguer à travers les émotions qu'ils peuvent ressentir.

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Anxious  
Stressed  
Worried  
Confused  
Terrified

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Curious  
Excited  
Joyful  
Awed  
Centered  
Hopeful  
Calm  
Playful  
Loved  
Caring  
Grateful  
Proud  
Courageous  
Confident

### ANGRY

Furious  
Annoyed  
Enraged  
Frustrated  
Grumpy

### SAD

Lonely  
Disappointed  
Hopeless  
Miserable  
Disconnected  
Bored

### ASHAMED

Guilty  
Embarrassed  
Insignificant  
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