

How to talk about your feelings

Feelings can be hard to navigate and difficult to talk about. Here are some words to describe different kinds of feelings:

Enjoyment	Happiness, Love, Relief, Joy, Pride, Excitement, Satisfaction, Compassion, Peace, Amusement
Anger	Frustrated, Annoyed, Irritated, Infuriated, Insulted, Offended, Mad, Bitter, Aggravated, Resentful
Sadness	Lonely, Unhappy, Disappointed, Heartbroken, Lost, Troubled, Miserable, Hopeless, Down
Fear	Scared, Worried, Nervous, Anxious, Confused, Stressed, Panicked, Terrified, Doubtful, Apprehensive
Disgust	Dislike, Uncomfortable, Disturbed, Nauseated, Offended, Disapproving, Loathing, Repulsed, Horrified

