

# BIG Feelings List

## Pleasant

Happy  
Generous  
Pleased  
Proud  
Joyful  
Understood  
Empathetic  
Brave  
Excited  
Cheerful  
Loved  
Capable  
Confident  
Safe

## Body Sensations

Hungry  
Thirsty  
Aching  
Energetic  
Tired  
Shaken  
Calm  
Hyperactive

## Fear-based

Scared  
Fearful  
Anxious  
Nervous  
Vulnerable  
Lonely  
Miserable  
Depressed  
Weary

## Social

Shy  
Outgoing  
Embarrassed  
Humiliated  
Shamed  
Unique  
Weird  
Uncomfortable  
Clumsy  
Pressured

## Learning

Curious  
Awestruck  
Eager  
Astonished  
Surprised  
Mystified  
Passionate

## Attention

Focused  
Mindful  
Scattered  
Bored  
Distracted  
Grounded  
Unmotivated  
Frustrated  
Depleted  
Renewed

## Unjust

Angry  
Jealous  
Aggressive  
Competitive  
Vengeful  
Disgusted  
Irritable  
Outraged  
Neglected  
Furious  
Compassionate  
Righteous  
Reasonable

## Gut-driven

Disgust  
Marginalized  
Isolated  
Disconnected  
Self-doubt  
Disapproving  
Unsafe

## Unpleasant

Sad  
Sympathetic  
Disappointed  
Dejected  
Rejected  
Hurt  
Grief  
Stuck