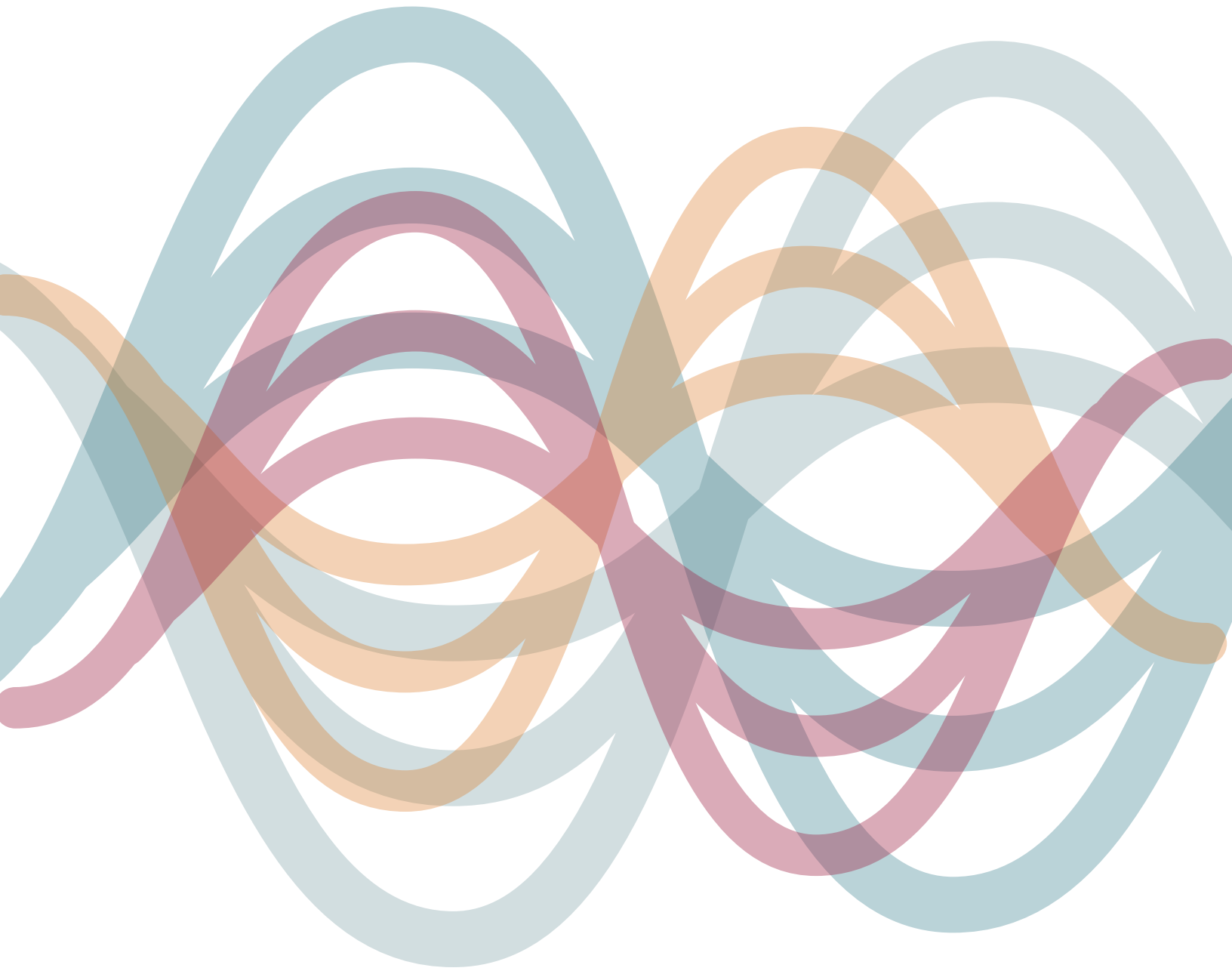


# **The Thinking Toolbox**

## **Thesaurus of Emotions**



This book is aimed at expanding the range of words you can use to identify more precisely what you are feeling. Some are mild, some are medium, and some are hot!

Finding the 'mot juste' (exactly the right word) helps you figure what's going on with your emotions and why, which often makes you feel better and calmer right away - even if that word is at the extreme end of the emotional spectrum.

Some words occur in more than one category. A word from one category might seem to you to fit better in another. The choice is always yours.

Following the principle that feelings happen for good reason and have a job to do, an emotion you previously thought 'negative' may turn out to be doing something extremely positive. E.g. 'rage' may be frightening, dangerous and damaging, but it can also be warrior-like, liberating and redemptive. 'Pride' may be justifiable cause for celebration - or an unhealthy sense of superiority. So, when spotting a word that looks like it fits your current state, do consider *all* its possible meanings.

The clearer the feelings you detect, the better you can formulate your responses. Feel free to convert the words from adjective to noun form too, if that helps.

Words are powerful tools; engaging and being playful with them can be wonderfully helpful - and fun... Enjoy!

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## ANGER / HATRED

Abusive	Defensive	Livid	Spitting tacks
Affronted	Despising	Mad	Sulky
Aggravated	Detached	Menacing	Sullen
Aggrieved	Disapproving	Nauseated	Superior
Angry	Discordant	Needled	Uncooperative
Annoyed	Disdainful	Niggled	Vexatious
Antagonised	Disgruntled	Objectionable	Vexed
Appalled	Displeased	Obstructive	Vengeful
Argumentative	Exasperated	Offended	Vicious
Arrogant	Facetious	Outraged	Vindictive
At loggerheads	Fed up	Peeved	Violent
At odds	Frustrated	Peevish	Warring
Bellicose	Furious	Petulant	
Belligerent	Grim-faced	Piqued	
Bitter	Harrassed	Pissed off	
Blunt	Hateful	Pugnacious	
Bristling	Hawkish	Rankled	
Cantankerous	Hostile	Ranting	
Cheesed off	Hubristic	Rattled	
Combative	Immovable	Raving	
Confrontational	Impatient	Resentful	
Contemptuous	Incensed	Riled	
Crabby	Indignant	Sarcastic	
Cranky	Inflamed	Scolding	
Critical	Irate	Seething	
Cross	Irritable	Sour	
	Irritated	Spiteful	

## *APATHY / BOREDOM*

Aloof	Obtuse
Apathetic	Phlegmatic
Blank	Silent
Blasé	Stale
Bored	Sullen
Cold	Uncaring
Contrary	Unconcerned
Cool	Unemotional
Dead	Unimpressed
Disinterested	Uninvolved
Distant	Unmoving
Ennui	Whatever
Fed up	
Flat	
Impassive	
Inattentive	
Indifferent	
Jaded	
Listless	
Meh	
Neutral	
Nonchalant	

## AWE & WONDER

Agape

Agog

Amazed

Astonished

Astounded

Awe-struck

Awed

Bowled over

Cowed

Daunted

Dazed

Dazzled

Dumbfounded

Dumbstruck

Fascinated

Flabbergasted

Floored

Impressed

Intimidated

Mystified

Overawed

Reeling

Shaken

Scared

Speechless

Staggered

Stunned

Stupefied

Terrified

Thunderstruck

Wondering

Wonderstruck

## CONFIDENCE / PRIDE

Appreciative	Lofty	Splendid
Assertive	Magnificent	Stately
August	Majestic	Stuck up
Bloated	Narcissistic	Superb
Boastful	Ostentatious	Supercilious
Bold	Overbearing	Superior
Brave	Pompous	Sure
Buoyant	Positive	Trusting
Cavalier	Presuming	Unafraid
Cocksure	Presumptuous	Undaunted
Cocky	Pretentious	Upbeat
Courageous	Puffed up	Up oneself
Dauntless	Pushy	Uppity
Egotistical	Sanguine	Vain
Expectant	Satisfied	Vainglorious
Glorious	Secure	Valiant
Great	Self-assured	Well pleased
Haughty	Self-regarding	
High and mighty	Self-reliant	
High-handed	Self-respecting	
Honoured	Self-satisfied	
Hopeful	Self-sufficient	
Hubristic	Smug	
Imperious	Snobbish	
Insolent	Snooty	
Intrepid	Spirited	

# DEPRESSION

Agonised	Impulsive
Angry/enraged	Indifferent
Apathetic	Isolated
Bereft	Lethargic
Bleak	Listless
Crushed	Joyless
Death-seeking	Melancholic
Depressed	Miserable
Desolate	Morbid
Despairing	Nihilistic
Desperate	Numb
Devastated	Numbed
Discouraged	Overwhelmed
Disinterested	Passionless
Doomed	Pessimistic
Drained	Pleasureless
Empty	Purposeless
Feeling worthless	Reckless
Fatalistic	Self-destructive
Flat	Suicidal
Gutted	Sullen
Helpless	Tormented
Hopeless	Tortured
Humourless	Withdrawn
Irritated	World-weary



## FEAR / ANXIETY / PANIC

Afraid	Nervous
Alarmed	Panicked
Alert	Paralysed
Anxious	Pensive
Apprehensive	Perturbed
Cautious	Petrified
Concerned	Phobic
Confused	Rattled
Curious	Shaky
Disconcerted	Shocked
Disoriented	Shy
Disquieted	Startled
Distrustful	Suspicious
Doubtful	Terrorised
Edgy	Timid
Fearful	Uneasy
Fidgety	Unnerved
Filled with dread	Unsettled
Hesitant	Wary
Horrified	Watchful
Indecisive	Worried
Insecure	
Jumpy	

# GRATITUDE

Pay close attention to what kind of emotion is actually present, with this category, because there could be some hidden resentment involved...

Appreciative

Beholden

Blessed

Fortunate

Grateful

Gratified

Indebted

Pleased

Thankful

Obligated

Obliged

Open

Overcome

Overwhelmed

Welcoming

## HAPPINESS / CONTENTMENT / JOY

Amused	Inspired
Awe-filled	Jolly
Blissed out	Jovial
Blissful	Jubilant
Buoyant	Lively
Calm	Manic
Cheerful	Merry
Contented	Open
Delighted	Optimistic
Ecstatic	Overconfident
Egocentric	Overjoyed
Elated	Peaceful
Encouraged	Playful
Enthralled	Pleased
Euphoric	Proud
Exhilarated	Radiant
Friendly	Rapturous
Fulfilled	Recharged
Giddy	Rejuvenated
Glad	Self-absorbed
Gleeful	Self-Important
Gratified	Satisfied
Happy	Thrilled
Healthy self-esteem	Upbeat
Hopeful	

## JEALOUSY / ENVY / DOUBT

Avaricious  
Covetous  
Demanding  
Desiring  
Disbelieving  
Distrustful  
Envious  
Grasping  
Greedy  
Green with envy  
Insecure  
Jealous  
Persistently jealous

Possessive  
Protective  
Resentful  
Selfish  
Suspicious  
Threatened  
Uncertain

# LOVE

It can be argued that **real** love transcends emotion. Unlike emotions, which rise and fall in varying intensities, love is rock steady and unchanging. Here's an extremely popular definition (with good reason) from the Bible, in St Paul's letter to the Corinthians (1 Cor 13:4-8):

“Love is patient, love is kind.

It does not envy, it does not boast, it is not proud.

It is not rude, it is not self-seeking, it is not easily angered,  
it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth.

It always protects, always trusts, always hopes, always perseveres.

Love never fails.”

Love like this is powerful enough to reach beyond death. It heals, braces, strengthens, and helps people endure the most unimaginable tribulations.

For a non-religious example, in the movie *Sexy Beast*, Gal (Ray Winston) is on the phone to his wife Deedee (Amanda Redman) prior to a battle he expects he won't survive. He says to her, down the phone, “I know you love me, because I feel strong.”

Right there in the middle of this darkly comic gangster movie is one of the most beautiful, simple statements of love.

*Let's move on now to emotional feelings we associate with love - BUT -  
inverted commas are used to distinguish this category from the  
true meaning of real love.*

## "LOVE"

Notice how some of these words don't resemble the love described above so much. Checking in with this list may help flag up potential peril.

Admiring	Enchanted	Valuing
Adoring	Enraptured	Warm
Affectionate	Erotic	Warm-hearted
Aflame	Faithful	Worshipful
Amiable	Fervent	Worshipping
Amorous	Fond	Zealous
Appreciative	Friendly	
Ardent	Generous (towards)	
Attached	Idolising	
Benevolent	Impassioned	
Blind	Infatuated	
Blinded	Kind	
Caring	Liking	
Caught up	Loyal	
Cherishing	Mad for	
Concerned	Reverential	
Considerate	Passionate	
Cordial	Sentimental	
Dear	Solicitous	
Devoted	Tender	
Doting	Thoughtful	

## SADNESS / GRIEF

Anguished	Grounded
Bereaved	Heartbroken
Bleak	Heavy-hearted
Contemplative	Hopeless
Dejected	Inconsolable
Depressed	Listless
Despairing	Low
Despondent	Melancholy
Disappointed	Morose
Disconnected	Mournful
Discouraged	Regretful
Dispirited	Sad
Distracted	Sorrowful
Down	Steady
Downtrodden	Weepy
Drained	World-weary
Forlorn	Wistful
Gloomy	
Grief-stricken	
Grieving	

## SHAME / GUILT

Abashed  
Ashamed  
Awkward  
Belittled  
Chagrined  
Contrite  
Culpable  
Demeaned  
Discomfited  
Disgraced  
Embarrassed  
Flushed  
Flustered  
Guilt-ridden  
Guilt-stricken  
Guilty  
Hesitant  
Humble  
Humbled  
Humiliated  
Intimidated  
Mortified  
Ostracised

Penitent  
Regretful  
Remorseful  
Reproachful  
Reticent  
Rueful  
Self-conscious  
Self-condemning  
Self-flagellating  
Shamefaced  
Sheepish  
Speechless  
Stigmatised  
Withdrawn



## SURPRISE / SHOCK

Aghast	Mind-blown
Alarmed	Overwhelmed
Amazed	Shocked
Appalled	Speechless
Astonished	Staggered
Astounded	Startled
Bewildered	Stunned
Blown away	Stupefied
Boggled	Surprised
Bowled over	Taken aback
Confounded	Upset
Dazed	
Dumbfounded	
Flabbergasted	
Floored	
Frightened	
Knocked down with a feather	

## 4 WAYS TO HELP YOURSELF EVERY DAY

1

Consider how emotions you tend to think of as unpleasant are actually there to help you, and allow them in to do their work. There are no inherently good or bad ones; they all bring intelligence and energy that will help you if you can work well with them.

2

Emotions are nuanced. They don't 'switch on and off', but flow in, out, up, down, at varying speeds and at different levels of intensity. Using a wider vocabulary helps with this flow.

3

Emotions don't work in isolation, but in all kinds of combinations, and sometimes bewildering mixtures. This is fine. Depending on context, it can be fine to laugh when you're sad, for example, or feel thankful while still furious.

4

Learning how to *channel* emotions safely, rather than suppressing or over-expressing them, will help you feel calmer, work with them better, build trust in your emotional intelligence and wisdom, and live with less resistance-tension.

5

Engaging with any kind of art or creativity helps process and channel emotions: easing pressure through escape; as a kind of active meditation; or as a way of expressing feelings. This is true whether you are creating art yourself or enjoying other people's artistic creations. Art connects us to ourselves and to each other.

Art is life!