

Pleasant and Unpleasant Feelings Grid

Pleasant Feelings

<u>Open</u>	<u>Happy</u>	<u>Alive</u>	<u>Interested</u>	<u>Positive</u>	<u>Strong</u>	<u>Good</u>	<u>Love</u>
Understanding Confident Reliable Easy Amazed Free Sympathetic Interested Satisfied Receptive Accepting Kind	Great Joyous Lucky Fortunate Delighted Overjoyed Gleeful Thankful Important Festive Ecstatic Satisfied Glad Cheerful Sunny Merry Elated Jubilant	Playful Courageous Energetic Liberated Optimistic Provocative Impulsive Free Frisky Animated Spirited Thrilled Wonderful	Concerned Affected Fascinated Intrigued Absorbed Inquisitive Nosy Snoopy Engrossed Curious	Eager Keen Earnest Intent Anxious Inspired Determined Excited Enthusiastic Bold Brave Daring Challenged Optimistic Re-enforced Confident Hopeful	Impulsive Free Sure Certain Rebellious Unique Dynamic Tenacious Hardy Secure	Calm Peaceful At Ease Comfortable Pleased Encouraged Clever Surprised Content Quiet Certain Relaxed Serene Free & Easy Bright Blessed Reassured	Loving Considerate Affectionate Sensitive Tender Devoted Attracted Passionate Admiration Warm Touched Sympathy Close Loved Comforted Drawn To

Unpleasant Feelings

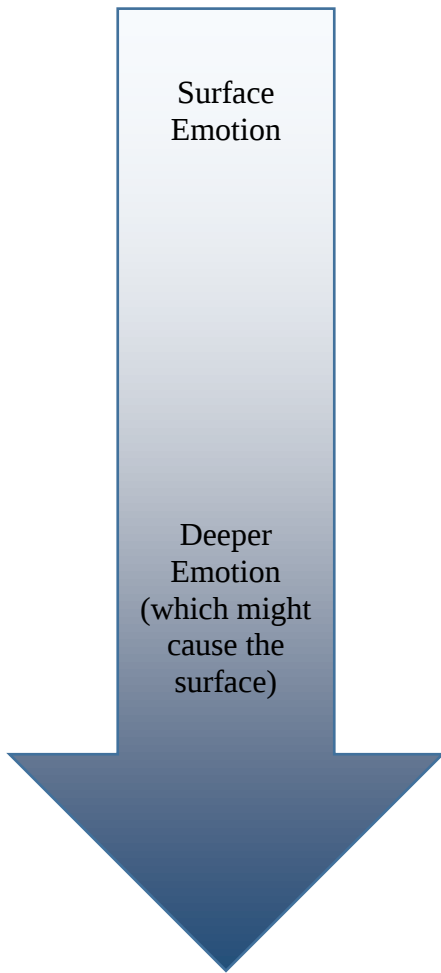
<u>Angry</u>	<u>Depressed</u>	<u>Confused</u>	<u>Helpless</u>	<u>Indifferent</u>	<u>Afraid</u>	<u>Hurt</u>	<u>Sad</u>
Irritated Enraged Hostile Insulting Sore Annoyed Upset Hateful Unpleasant Offensive Bitter Aggressive Resentful Inflamed Provoked Incensed Infuriated Cross Worked up Boiling Fuming Indignant	Lousy Disappointed Discouraged Ashamed Powerless Diminished Guilty Dissatisfied Miserable Detestable Repugnant Despicable Disgusting Abominable Terrible In despair Sulky Bad Loss	Upset Doubtful Uncertain Indecisive Perplexed Embarrassed Hesitant Shy Stupefied Disillusioned Unbelieving Skeptical Distrustful Misgiving Lost Unsure Uneasy Pessimistic Tense	Incapable Alone Paralyzed Fatigued Useless Inferior Vulnerable Empty Forced Hesitant Despair Frustrate Distressed Woeful Pathetic Tragic In a stew Dominated	Insensitive Dull Nonchalant Neutral Reserved Weary Bored Preoccupied Cold Indifferent Lifeless	Fearful Terrified Suspicious Anxious Alarmed Panic Nervous Scared Worried Frightened Timid Shaky Restless Doubtful Threatened Cowardly Quaking Menaced Wary	Crushed Tormented Deprived Pained Tortured Dejected Rejected Injured Offended Afflicted Aching Victimized Heartbroken Agonized Appalled Humiliated Wronged Alienated	Tearful Sorrowful Pained Grief Anguish Desolate Desperate Pessimistic Unhappy Lonely Grieved Mournful Dismay

Content adapted from Johnson, S. (1997) *Therapist's Guide to Clinical Intervention: the 1-2-3; of Treatment Planning*. San Diego, C.A.: Academic Press, pp. 182-183

Deepening of Emotion

Three Examples

"Surface emotions" are connected to deeper emotions, more fundamental, often less apparent.

 Surface Emotion Deeper Emotion (which might cause the surface)	Sad	Happy	Anger
	Hurt	Joyful	Annoyed
	Painful	Content	Frustrated
	Low	Free	Irritated
	Bummed out	Unbound	Enraged
	Heavy	Carefree	Blood boiling
	Depressed	Peaceful	Overwhelmed
	Aimless	Jubilant	Embarrassed
	Not enough	Appreciated	Shamed
	Lonely	Meaningful	Violated
	Forgotten	Fulfilled	Rejected
	Rejected	Validated	Inadequate
	Abandoned	Accepted	Abandoned
	Inadequate	Known	Incompetent
	Unseen	Valued	Unwanted
	Unwanted	Desired	Devalued
	Unloved	Cherished	Unloved
	Unlovable	Loved	Unlovable
		Lovable	