

### Why is it important to have an extensive verbal vocabulary?

Why it is important. When we use the top header emotions like on this spreadsheet, we are using a generalization and those are really hard to truly understand what and why you are feeling that way. In the instance of Anger. If that is the only word we can identify, it doesn't always allow us to understand fully our own WHY. Are you angry, or do you feel betrayed? Isolated? Do you feel left out? Those emotions have very different context, yet under a general heading can feel like anger. However, if we look through that anger column and none of the words there fit, and come upon the word Grief and that stands out to us. Is that what we are feeling? Why? That word stood out to us for a reason and when you are looking at how you feel, sometimes we need to understand the specifics of what we feel in order to understand fully the nuances of that feeling. What else do we feel? If we are able to break it down into manageable terms, we can understand and determine if we do have any decisions or actions we can take to resolve those feelings.

## Emotional Vocabulary

Happy	Surprise	Angry	Sad	Fear	Disgust
Joyful	Startled	Critical	Guilty	Humiliated	Disapproval
Interested	Confused	Distant	Abandoned	Rejected	Disappointed
Proud	Amazed	Frustrated	Despair	Submissive	Awful
Accepted	Excited	Aggressive	Depressed	Insecure	Avoidance
Powerful	Shocked	Mad	Lonely	Anxious	Judgemental
Peaceful	Dismayed	Hateful	Bored	Scared	Loathing
Intimate	Disillusioned	Threatened	Powerless	Ridiculed	Repugnant
Optimistic	Perplexed	Hurt	Ashamed	Disrespected	Recolted
Liberated	Astonished	Sarcastic	Remorseful	Alienated	Revulsion
Ecstatic	Awe	Skeptical	Ignored	Inadequate	Detestable
Amused	Eager	Suspicious	Victimized	Insignificant	Aversion
Inquisitive	Energetic	Withdrawn	Vulnerable	Worthless	Hesitant
Important	Horrorified	Irritated	Inferior	Inferior	Replusive
Confident	Incredulous	Infuriated	Empty	Inadequate	Distain
Respected	Stunned	Hostile	Abandoned	Worried	Hate
Fulfilled	Staggered	Provoked	Isolated	Overwhelmed	Fear
Courageous	Bewildered	Enraged	Apathetic	Frightened	Anger
Provocative	Overwhelmed	Furious	Indifferent	Terrified	Fear
Loving	Awestruck	Violated	Disappointed	Hesitant	
Hopeful	Unsettled	Resentful	Distraught	Nervous	
Sensitive		Jealous	Tired	Alarmed	
Playful		Insecure	Exhausted	Panicked	
Hopeful		Devasted	Somber	Uneasy	
Inspired		Embarrassed	Grief	Dread	
Delighted		Exasperated	Discouraged	Concerned	
Content		Annoyed		Stressed	
Cheerful		Aggitated		Aprehensive	
Glad		Outraged		Bewildered	
Satisfied		Livid		Curius	
Relieved		Bitter		Disturbed	
Resolved				Haunting	
				Jumbled	
				Uncomfortable	