

Mad, Sad, Glad, Afraid
And
Words to say it



Jill Davis
Coaching

Basic Emotions

There are four basic emotions according to psychological research. These basic emotions are mad, glad, sad, and afraid. As you are journaling your emotions when you eat, these are some words that may help you to further define and label how you are feeling.

Glad

Alive

Blissful

Content

Joyful

Joyous

Delightful

Delighted

Contentment

Excited

Excitement

Enamored

Free

Exhilarated

Glowing

Euphoric

Euphoric

Great

Gregarious

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TRANSFORM

Passionate
Compassion

Calm

Close

Cherished

Happy

Wonderful

Proud

Loved

Confident

Hopeful

Kind

On top of the world

Over the moon

On cloud nine

Grinning from ear to ear

Friendly

Marvelous

Warm

Trusting

Happy Camper

Jump for Joy

Lighthearted

Tickled Pink

Pleased

Radiant

Optimistic

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TRANSFORM

Mad

Annoyed

Bitter

Indignant

Irate

Irritable

Offended

Bitter

Exasperated

Resentful

Rage

Displeased

Fuming

Infuriated

Frustrated

Tense

Defensive

Uptight

Jealous

Contemptuous

Grumpy

Hateful

Annoyed

Critical

Loathing

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TRANSFORM

Mean
Hot headed
Enraged
Seething
Spiteful
Violent
Cross
Cruel
Wounded
Annoyed
Up in Arms
Sore Head
Up in Arms
Black Mood
Fit to be tied
Agitated
Perturbed
Smoldering
Worked up
Vengeful
Ticked off
Disgusted
Unforgiving
Bitter
Vindictive
Offended

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TRANSFORM

Sad

Abandoned

Abused

Alone

Lonely

Blue

Gloomy

Glum

Helpless

Downcast

Empty

Inferior

Insecure

Isolated

Upset

Useless

Weepy

Suffering

Tearful

Unimportant

Worthless

Unloved

Vulnerable

Withdrawn

Awful

Bleak

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TRANSFORM

Insignificant
Used
Unfit
Unacceptable
Lost
Like a failure
Immobilized
Rejected
Forsaken
Pessimistic
Sorrowful
Slighted
Crushed
Injured
Heartbroken
Offended
Fragile
Grieving
Sorrow
Moody
Despondent
Morose
Mourning
Downcast
Melancholy
Heavy Hearted



Afraid

Threatened

Scared

Fearful

Apprehensive

Panicky

Startled

Terror-stricken

Horrified

Aghast

Disturbed

Dismayed

Daunted

Startled

Stunned

Timid

Intimidated

Shocked

Frightened

Alarmed

Shaky

Shocked

Fright

Edgy

Defensive

Bewildered

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TRANSFORM

Guarded
Suspicious
Paranoid
Aggressive
Defensive
Attacking
Wary
Nervous
Intolerant
Self-hatred
Combative
Timorous
Petrified
Trapped
Helpless
Bewildered
Confounded
Desperate
Disturbed
Distrustful
Bundle of nerves



HOW WILL YOU



TRANSFORM



YOUR LIFE?



Let me know! Contact me at Jill@JillDavisCoaching.com

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TRANSFORM