

Name the Feeling: An Emotion Vocabulary

Precise words for emotions calm them and sharpen your response. A plain-language vocabulary, from broad to specific. Educational reference.

Putting a precise word to a feeling calms it and helps you respond, an effect researchers call name it to tame it. Broad words (bad, fine) give broad choices. More specific words give you more specific, useful ones. Use this as a starting vocabulary.

Happy content, calm, grateful, hopeful, proud, excited, playful, relieved

Sad down, lonely, disappointed, empty, discouraged, grief, homesick

Angry irritated, frustrated, resentful, defensive, impatient, let down

Afraid anxious, worried, nervous, uneasy, overwhelmed, dread, on edge

Ashamed / guilty embarrassed, regretful, self-critical, exposed, small

Surprised / mixed curious, confused, startled, torn, numb, restless

This is a starting vocabulary, not a diagnosis. A wider emotional range is linked with better wellbeing, so it is worth practicing.

Learn more: [Emotional Granularity at shrinkdaily.com/concept/emotional-granularity](https://shrinkdaily.com/concept/emotional-granularity)