

Angry

burning
clenched
constricted
energized

explosive
fiery
heated
hot

impulsive
knotted
prickly
red-hot

bubbly
bursting
buzzy
electric
energized
expanding

clammy
cold
dark
frantic
frozen
jittery
jumpy
icy
shaky
shivery
spinning
sweaty
trembling

smooth
sunny
tender
touched
warm

open
peaceful
relaxed
releasing
shimmering
smooth
spacious
still
strong
vital
warm

down
empty
heavy
hollow
untethered
weighted

moved
soft
throbbing
touched
warm

Anxious

clammy
clenched
constricted
damp
dizzy
dry
faint
floating
fluttery
fuzzy
guarded
headachy
heart-pounding
jumpy
knotted
queasy
spacey
tingly
trembly
twitchy
vibrating
tense
shallow breath
spinning
panicky
tight

disappearing
disconnected
empty
flushed
frozen
hiding
imploding
invisible
numb
receding
small

Constricted

armored
blocked
clenched
closed
cold
congested
contracted
cool
dense
knotted
numb
paralyzed
prickly
pulsing
stuck
suffocating
tense
thick
throbbing
tight
wooden

Depressed

alone
contracted
cut off
dark
deadened
dense
disappearing
disconnected
drained
dull
empty
heavy
numb
thick

Disgusted

acidic
bilious
clenched
cringing
gagging
grossed out
knotted
nauseated
poisoned
queasy
sick
tense
tight

Excited

activated
breathless

Expansive

growing
inflated
luminous
puffed up
radiating
shimmering
strong
tall
tremulous

Fearful

breathless
chaotic

Gulity

buzzy
constricted
dropping
jittery
sinking
tense

Happy/Joyful

aglow
cozy
energized
expanding
expanded
expansive
floating
full
moved
open
smiling

Hurt

achy
bruised
cut
open
fragile
jagged
pierced
prickly
raw
searing
sensitive
sore
wobbly
wounded

Openhearted

airy
alive
awake
calm
connected
expanded
expansive
flowing
fluid
full
light

Sad

blue
burdened

Tender

aglow
bruised
cozy
flaccid
fragile
jagged
melting

Vulnerable

brittle
exposed
fragile
open
quivery
raw
sensitive

Menu of Body Sensation Words (From Appendix A of IT'S NOT ALWAYS DEPRESSION book)



Angry

aggressive
covetous
critical
disappointed
disapproving
distant
enraged
frustrated
furious
hateful
hostile
hurt
infuriated
irate
irritated
jealous
mad
pissed

provoked

resentful
sarcastic
selfish
skeptical
violated

Anxious

agitated
avoiding
confused
constricted
hidden
indifferent
nervous
tight
tingly
uptight
withdrawn

Ashamed

alienated
devastated
disrespected
embarrassed
empty
inadequate
inferior
insecure
insignificant
isolated
powerless
ridiculed
victimized
vulnerable
withdrawn
worthless

Confident

amazing
appreciated
creative
courageous
discerning
important
invincible
powerful
proud
strong
successful
valuable
worthwhile

Disgusted

averse
disapproving
grossed out
rejecting
repulsed
revolted
turned off

Distrustful

astonished
disillusioned
jealous
judgmental
loathing
perplexed
provocative
sarcastic

skeptical
suspicious**Excited**

activated
amazed
awed
courageous
eager
ecstatic
energized
expansive
faithful
high
interested
liberated
surprised
wondrous

Fearful

afraid
anxious
bewildered
confused
discouraged
dismayed
frightened
helpless
hesitant
inadequate
insignificant
overwhelmed
rejected

scared

shocked
startled
submissive
terrified
worried

Guilt

apologetic
avoiding
contrite
meek
remorseful

Happy/Joyful

amused
cheerful
courageous
creative
daring
energetic
excited
fascinated
hopeful
joyous
optimistic
playful
sensual
sensuous
stimulated
wonderful

Hurt

awful
exposed
humiliated
ignored
insecure
pained
raw
rejected
sensitive
submissive
threatened

Openhearted

aware
brave
calm
clear
compassionate
confident
connected
courageous
creative
curious
fulfilled
hopeful
inquisitive
inspired
loving
nurturing

open

pensive
philosophical
playful
respectful
responsive
sensitive
strong
tender
thankful
thoughtful

Peaceful

accepted
calm
clear
compassionate
connected
content
creative
curious
grateful
relaxed
secure
serene

Sad

abandoned
alone

apathetic

ashamed
bored
depressed
despairing
disappointed
droopy
empty
flat
ignored
indifferent
isolated
lonely
remorseful
sleepy
tired
withdrawn

Vulnerable

defensive
exposed
protective
raw
scared
skittish
weak
withdrawn

Menu of Emotion Words (From Appendix B of IT'S NOT ALWAYS DEPRESSION book)

