Common Words for Physical Sensations

Tender
aglow
cozy
melting
moved
tender
touched
warm

Scared
cold
dark
shaky
shivery
sweaty
Trembling

Shame/depressed
draining
alone
contracted
cut-off
disappearing
disappearing
disconnected
empty
frozen
heavy
hiding
icy
imploding
imploding
small

Angry
burning
clenched
constricted
dense
energized
explosive
firey
hot
impulsive
knotted
red hot
rush

Anxiety
dizzy
fluttery
nauseous
pit in stomach
queasy
spacey
tingling
twitchy

Vulnerable/Hurt
achy
bruised
cutting
open
piercing
prickly
raw
searing
sensitive
sore
wobbly

Sad
heavy
alone
blue
burdened
down
empty
hole
hollow
untethered
weighted

Constricted
armored
blocked
clenched
closed
cold
congested
constricted
contracted
cool
knotted
numb
stuck
suffocated
tense
thick
throbbing
tight
wooden

Energized
activated
breathless
bubbly
buzzy
electric
energized
floating
fluid
Itchy
nervy
pounding
radiating
referring
shimmery
streaming
tingling
twitchy

Openhearted
airy
alive
awake
expanded
expansive
flowing
full
light
open
relaxed
releasing
shimmering
smooth
spacious
still
vital

Menu of Words to Put Language on Emotions

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

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withdrawn

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withdrawn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

Vulnerable/Hurt
awful
exposed
humiliated
hurt
ignored
Insecure
pained
raw
rejected
sensitive
submissive
threatened
Constricted
avoiding
confused
hidden
indifferent
withdrawn
tight

Openhearted
aware
hopeful
inspired
loving
open
playful
sensitive
inquisitive
respectful
loving
nurturing
pensive
philosophical
responsive
tender
thankful
thoughtful
fulfilled

Scared
afraid
anxious
bewildered
confused
discouraged
dismayed
embarrassed
fearful
Frightened
helpless
hesitant
inadequate
insignificant
overwhelmed
rejected
shocked
startled
submissive
terrified
worried

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

Distrustful
astonished
disillusioned
judgmental
loathing
perplexed
repugnant
sarcastic
skeptical
suspicious
provocative

Disgusted
aversion
detestable
disapproving
grossed out
rejecting
revolted

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

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

Guilty
apologetic
avoiding
meek
remorseful

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