

Words for What You Feel

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A word can be useful when you know something is there but cannot quite describe it. This collection brings together words for difficult feelings, steadier moments and other parts of an experience that may be easier to recognise than to name.

Some words describe emotions. Others describe sensations, thoughts or how a situation feels to you. You do not need to decide which category is correct. Choose what comes closest, use your own words or leave it unnamed.

Sadness and missing

Sadness · sorrow · grief · heartbreak · longing · missing · emptiness · ache

Anger and hurt

Anger · frustration · resentment · hurt · feeling betrayed · a sense of injustice

Fear and uncertainty

Fear · dread · insecurity · uncertainty · shakiness · feeling unsettled

Confusion and overwhelm

Confusion · fog · feeling stuck · pressure · tightness · buzzing · chaos · thoughts looping · spiralling

Loneliness and distance

Loneliness · disconnection · distance · isolation · silence · feeling invisible

Shame and self-judgement

Shame · embarrassment · feeling unworthy · feeling not enough

I feel unworthy describes how the moment feels. It does not establish what you are worth.

Tenderness and openness

Tenderness · softness · vulnerability · openness · warmth · feeling gentle

Connection and support

Accepted · appreciated · comforted · connected · encouraged · held · reassured · seen · supported · trusting · valued

Ease and rest

At ease · calm · content · light · peaceful · relaxed · relieved ·
rested · restful · replenished · unhurried

Steadiness and confidence

Anchored · balanced · capable · centred · confident · contained ·
grounded · resilient · safe · settled · solid · steady · strong · self-
trusting · empowered · inner calm

Interest and possibility

Curious · hopeful · interested · a sense of direction · a sense of
possibility · courage

Clarity and attention

Aware · clear · clear-headed · honest · insightful · present ·
reflective · self-aware · aligned

More than one word can fit

Relieved and sad may both belong to the same moment. You might feel connected during a conversation and lonely afterwards. There is no need to choose the more positive word or make the words agree. They are here to help you describe what you notice.