



Emotional  
protocol

Switch on your power  
to feel better

# List of feeling words

# Pleasant feelings

OPEN	HAPPY	ALIVE	GOOD	LOVE	INTERESTED	POSITIVE	STRONG
Understanding	Great	Playful	Calm	Loving	Concerned	Eager	Impulsive
Confident	Gay	Courageous	Peaceful	Considerate	Affected	Keen	Free
Reliable	Joyous	Energetic	At ease	Affectionate	Fascinated	Earnest	Sure
Easy	Lucky	Liberated	Comfortable	Sensitive	Intrigued	Intent	Certain
Amazed	Fortunate	Optimistic	Pleased	Tender	Absorbed	Inspired	Rebellious
Free	Delighted	Provocative	Encouraged	Devoted	Inquisitive	Determined	Unique
Sympathetic	Overjoyed	Impulsive	Clever	Attracted	Nosy	Excited	Dynamic
Interested	Gleeful	Free	Surprised	Passionate	Snoopy	Enthusiastic	Tenacious
Satisfied	Thankful	Frisky	Content	Admiration	Engrossed	Bold	Hardy
Receptive	Important	Animated	Quiet	Warm	Curious	Brave	Secure
Accepting	Festive	Spirited	Certain	Touched		Daring	
Kind	Ecstatic	Thrilled	Relaxed	Sympathy			
	Satisfied	Wonderful	Serene				
	Glad		Free and easy				
	Cheerful		Bright				
	Sunny		Blessed				
	Merry		Reassured				
	Elated						
	Jubilant						

# Unpleasant feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS	INDIFERENT	AFRAID	HURT	SAD
Irritated	Lousy	Upset	Incasable	Insensitive	Fearful	Crushed	Tearful
Enraged	Disappointed	Doubtful	Alone	Dull	Terrified	Tormented	Sorrowful
Hostile	Discouraged	Uncertain	Paralyzed	Nonchalant	Suspicious	Deprived	Pained
Insulting	Ashamed	Indecisive	Fatigued	Neutral	Anxious	Pained	Grief
Sore	Powerless	Perplexed	Useless	Reserved	Alarmed	Tortured	Anguish
Annoyed	Diminished	Embarrassed	Inferior	Weary	Panic	Dejected	Desolate
Upset	Guilty	Hesitant	Vulnerable	Bored	Nervous	Rejected	Desperate
Hateful	Dissatisfied	Shy	Empty	Preoccupied	Scared	Injured	Pessimistic
Unpleasant	Miserable	Stupefied	Torced	Cold	Worried	Ofended	Unhappy
Offensive	Detestable	Disillusioned	Hesitant	Disinterested	Frightened	Afflicted	Lonely
Bitter	Repugnant	Unbelieving	Despair	Lifeless	Timid	Aching	Grieved
Aggressive	Despicable	Skeptical	Frustrated		Shaky	Victimized	Mournful
Resentful	Disgusting	Distrustful	Distressed		Restless	Heartbroken	Dismayed
Inflamed	Abominable	Misgiving	Woeful		Doubtful	Agonizad	
Provoked	Terrible	Lost	Pathetic		Threatened	Appalled	
Infuriated	In despair	Unsure	Tragic		Cowardly	Humiliated	
Cross	Sulky	Uneasy	In a stew		Quaking	Wronged	
Worked up	Bad	Pessimistic	Dominated		Renaced	Alienated	
Boiling	A sense of loss	Tense			Wary		
Fuming							
Indignant							



# About Pablo Calal

I am an EMCC accredited Wellness Coach/trainer/author with a background in Psychotherapy. I have experience working in multicultural settings in countries such as Spain, the UK, Colombia, Panama and Ireland. I am passionate about empowering SMEs and their staff to promote well being, happiness and success in and out of the workplace.