

Reflective Listening & Values Surfacing Handout 2: Feelings & Values Reference Sheet

Feelings(+)

Adventurous	Engrossed	Optimistic
Affectionate	Enlivened	Overjoyed
Alert	Excited	Overwhelmed
Alive	Exhilarated	Peaceful
Amazed	Expansive	Proud
Amused	Expectant	Quiet
Appreciative	Exultant	Radiant
Astonished	Fascinated	Refreshed
Carefree	Gleeful	Relieved
Cheerful	Glorious	Satisfied
Comfortable	Glowing	Secure
Concerned	Good-humored	Sensitive
Complacent	Gratified	Splendid
Composed	Happy	Stimulated
Confident	Helpful	Surprised
Contented	Hopeful	Tender
Cool	Invigorated	Thankful
Curious	Involved	Thrilled
Dazzled	Inquisitive	Touched
Delighted	Inspired	Tranquil
Eager	Intense	Warm
Ecstatic	Loving	Wide-awake
Elated	Mellow	Wonderful
Electrified	Merry	Zany
Encouraged	Mirthful	Zestful
Energetic	Moved	

Feelings (-)

Afraid	Dull	Melancholy
Agitated	Edgy	Miserable
Alarmed	Embarrassed	Mopey
Aloof	Embittered	Nervous
Angry	Exasperated	Nettled
Anguished	Exhausted	Overwhelmed
Animosity	Fatigued	Passive
Annoyed	Fearful	Perplexed
Anxious	Fidgety	Restless
Apathetic	Forlorn	Sad
Apprehensive	Frightened	Sensitive
Averse	Frustrated	Shaky
Beat	Furious	Shocked
Bitter	Gloomy	Skeptical
Bored	Grief	Sleepy
Broken-hearted	Guilty	Sorrowful
Chagrined	Hate	Sorry
Cold	Humdrum	Sour
Concerned	Hurt	Spiritless
Confused	Impatient	Startled
Cool	Indifferent	Surprised
Cross	Inert	Topic
Dejected	Intense	Terrific
Depressed	Irate	Tired
Despairing	Irked	Troubled
Disgusted	Irritated	Uncomfortable
Disheartened	Jealous	Unconcerned
Dislike	Jittery	Uneasy
Dismayed	Keyed Up	Unglued
Displeased	Lazy	Unhappy
Disquieted	Lethargic	Unnerved
Distressed	Listless	Unsteady
Disturbed	Lonely	Upset
Downcast	Mad	Uptight
Dread	Mean	

Values

Acceptance
Accountability
Achievement
Adventure
Attractiveness
Authority
Caring
Challenge
Comfort
Commitment
Community
Compassion
Connection
Cooperation
Creativity
Courage
Creativity
Dedication
Empathy
Equality
Excitement
Faith
Fame
Family
Freedom

Friendship
Fun
Generosity
Goodwill
Gratitude
Growth
Harmony
Health
Helpfulness
Honesty
Hope
Humility
Humor
Joyous
Jubilant
Justice
Inclusiveness
Independence
Intrigue
Integrity
Interest
Knowledge
Life
Love
Loyalty

Morality
Order
Patience
Peace
Power
Professional
Purpose
Recognition
Religion
Respect
Responsibility
Security
Service
Simplicity
Spirituality
Success
Tolerance
Trustworthiness
Understanding
Virtue
Wealth
Wholeness
Wisdom
Work

