

Feelings Dictionary



PATHS Feelings Dictionary

Feelings are very important and we have them all of the time. Our feelings are signals that are processed by our brains that tell us what is going on around us and inside us. We all have feelings, but we have to pay attention to the feeling signals and think about them in order to understand them.

Knowing the words for feelings is very useful. This is why we wrote this dictionary. In this dictionary there are many different feeling labels and faces.

When you want to label how you are feeling, try to go inside of yourself and think hard about how you feel. Try to search for clues like a detective to discover what is going on inside your mind and body. Try asking yourself, 'How do I feel right now? What's going on?'. Once you have identified the feelings, try to think of words that best describe these feelings. When you can't identify a feeling, it sometimes helps to just look through the dictionary until you find a word that helps you identify it.

We hope that you will learn a lot about feelings and have fun using your Feelings Dictionary.

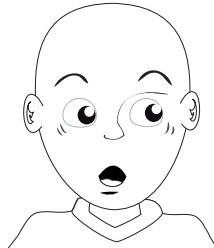
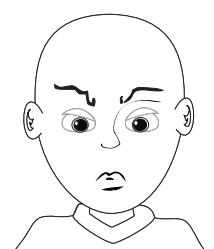
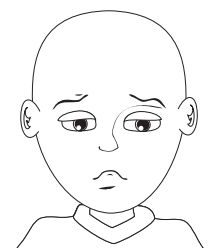
More about Feelings:

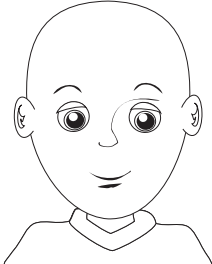
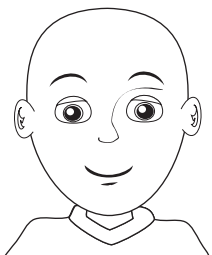
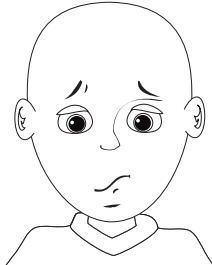
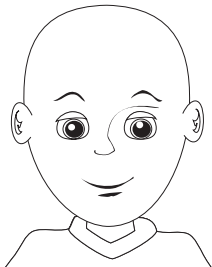
All feelings are OK to have. There is no such thing as a 'bad feeling,' but certainly there are many painful feelings. Some feelings feel comfortable, some uncomfortable and some both at the same time. Some feelings make us want to be active and some make us want to be quiet or inactive. What we do when we have different feelings (that is, our behaviours) may be OK or NOT OK, but feelings themselves are fine and important to have.

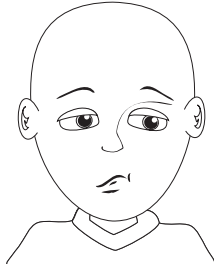
One thing you might already know about feelings is that many feelings have facial expressions that go with them and many feelings don't. You might also know that we can feel many different feelings at the same time. Some feelings feel stronger than others. Some feelings last a long time and others don't. Feelings can change. Sometimes we can hide our feelings from other people. There are certainly a lot of things to know about feelings!

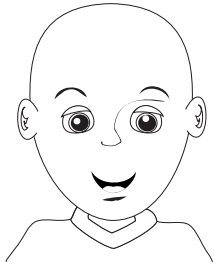
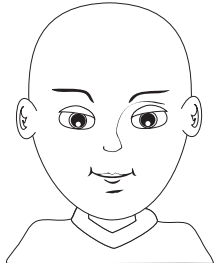
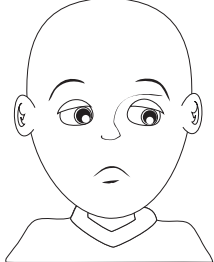
People have the same feelings whether they are children or adults or boys or girls. Many animals have feelings too. People are special because they can think about and understand what their feelings are telling them. We can understand other people better by paying attention to their feelings.

We can decide if we want to or don't want to pay attention to our feelings. If we don't pay attention to our feelings, we will still have them, but we won't know much about them. By paying attention to our feelings and knowing about them, we can have much more control over our behaviours and our lives.

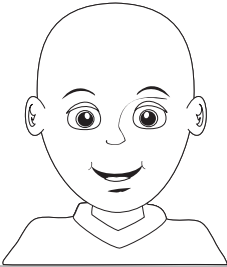
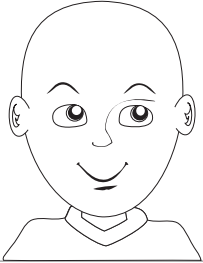
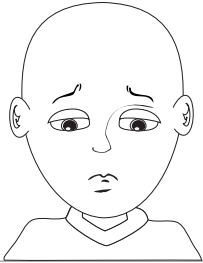
	Afraid	u
	When we feel fearful, frightened, or scared about something.	
	Angry	u
	When we can't do what we want to do, or when someone is mean to us or hurts us.	
	Ashamed	u
	When we do something wrong or foolish and we feel badly about it.	

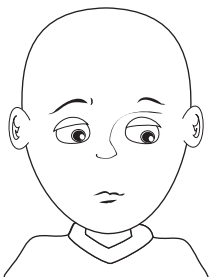
	Calm	C
	When we feel peaceful, safe and quiet inside.	
	Comfortable	C
	When something feels pleasant or soothing to us.	
	Confident	C
	When we feel certain about something or we know what we are doing.	
	Confused	U
	When we don't understand something or we feel uncertain and mixed up.	
	Content	C
	When we feel happy with who we are or with what we have.	

	<h2>Disappointed</h2>	<h3>u</h3>
	<p>When something doesn't happen the way we hoped for, or we don't get something we want.</p>	

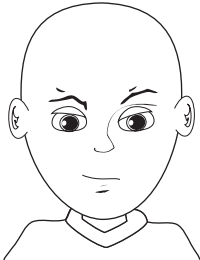
	<h2>Generous</h2>	<h3>C</h3>
	<p>When we care about how others feel and we want to share with and give to other people.</p>	
	<h2>Greedy</h2>	<h3>U</h3>
	<p>When we are selfish and we want to have as much as we can for ourselves; we don't want to share.</p>	
	<h2>Guilty</h2>	<h3>U</h3>
	<p>When we do something we're not supposed to do and we feel badly inside about it.</p>	

H

	Happy	C
	When we are glad about something or we really enjoy something.	
	Hate	U
	When we feel very strongly about not liking something.	
	Hopeful	C
	When we really want or wish for something.	
	Humiliated	U
	When we feel ashamed, embarrassed and sad because of something we did or something someone said.	

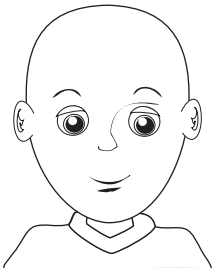
	Lonely	u
	When we wish there was someone else with us and we feel alone and sad.	

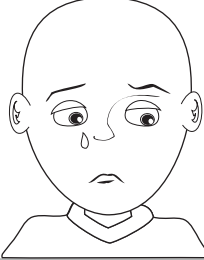
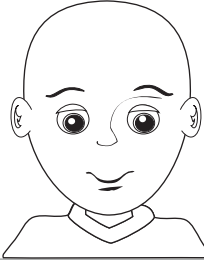
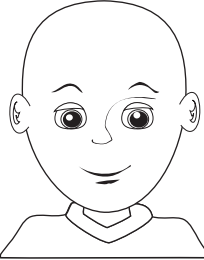
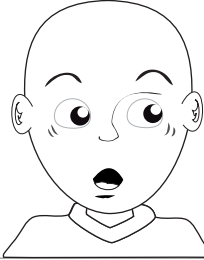
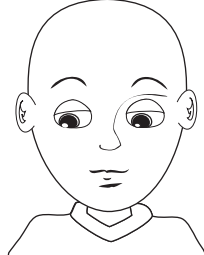
	Love	c
	When we feel very strongly about liking something very much.	

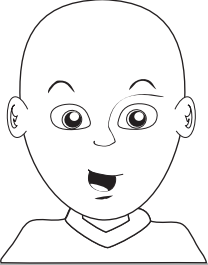
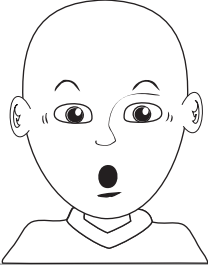
	Malicious	u
	When we want to hurt other people on purpose and we feel happy about it.	

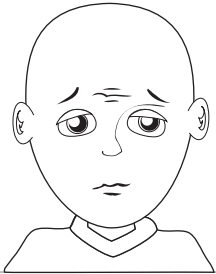
	Mean	u
	When we feel like doing cruel things to others on purpose.	

	<p>Nice</p>	<p>C</p>
	<p>When we feel like we want to be kind, polite and pleasant to others</p>	
	<p>because we care about their feelings.</p>	

	<h2>Rejected</h2>	<h3>U</h3>
	<h2>Relaxed</h2>	<h3>C</h3>
	<p>When we think that others don't care about us or want to be around us and we feel left out.</p>	
	<p>When we rest and enjoy feeling calm and comfortable.</p>	

	Sad	u
	When something bad happens or someone hurts us and we feel unhappy.	
	Safe	c
	When we feel we are free from danger and everything is OK.	
	Satisfied	c
	When we are happy and content with what we have or with who we are.	
	Scared/Afraid	u
	When we feel frightened, fearful or afraid about something.	
	Shy	u
	When we are afraid to be around other people or when we have to do something that other people watch.	

	Surprised	C
	When something happens that we don't expect.	
	Surprised	U
	When something happens that we don't expect.	



Worried

u

When we don't know what will happen in the future and we feel uneasy.

