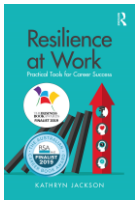


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Finalist Best International Business Book, London, and the Australian Career Book Awards, 2019

Emotional Honesty: Word List
designed by Kathryn Jackson in collaboration with North Canterbury Counselling Services

Soft State	Affection Fondness Amiable Warmth Respect	Grateful Thankful Glad Optimistic Interested	Peaceful Relaxed Accepted Content Fortunate Belonging	Confident Dynamic Compelling Impressive	Annoyed Cross Cranky Impatient Critical Antagonistic	Puzzled Hesitant Uneasy Doubtful Apprehensive Cautious Vigilant Concerned	Jaded Gloomy Let down Pessimistic Disappointed Remorseful Apathetic	Nauseated Objectionable Reluctance Criticism Boredom
Neutral State	**Love** Passion Tenderness Admiration Kind Fulfilled	**Joy** Cheerful Friendly Happy Playful Positive	**Safe** OK Calm Open Secure Trust	**Powerful** Proud Strong Capable Credible Robust Effective	**Anger** Hurt Bitter Resentful Exasperated Mad Irritable	**Fear** Afraid Anxious Worried Scared Alarmed Suspicious Confused	**Sadness** Empty Sorrowful Tearful Woeful Upset Miserable	**Disgust** Dislike Distaste Antipathy Displeasure Contempt
Intense State (Big Emotions) © Kathryn Jackson Resilience at Work	Lusty Yearning Ecstasy Adoration Infatuation	Alive Ecstatic Excited Thrilled Elated	Cherished Impervious Shielded Sheltered Immune Protected Defended	Obsessive Forceful Controlling Forcible Zealous	Enraged Aggravated Outraged Infuriated Vengeful Seething Furious Aggressive	Terrified Horrified Petrified Panicked Paralysed Threatened Helpless	Grief -stricken Worthless Hopeless Despairing Devastated Depressed Rejected Overcome	Loathing Hatred Revulsion Repugnance Hatefulness Horror Dread



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Noticing Emotions

Growing Emotional Literacy can be as simple as becoming more mindful of what your thoughts and feelings are.

Emotions are not "good or bad" they are simply a message about what is happening in your world, so noticing them and then considering whether they are helpful or harmful (or even true!) can be a great place to start.

Your emotions can influence the presence and levels of "brain chemicals" like adrenalin, dopamine, cortisol and endorphins – under some conditions these are helpful, and under other conditions they might get in the way of what we're trying to achieve or may even harm us.

This emotional word list does NOT represent every emotion, nor feeling that is possible and you might find words that don't resonate for you. It is simply a start place for you to begin and if you prefer to use one of the other many great word lists that are available from the internet please go ahead.

There are many ways to use this table to build Resilience at Work, but a useful exercise is this:

- For one week keep a note of the emotions or feelings that you experience – perhaps place a tick, highlight or circle them.
- Now reflect on whether this was a particularly good or bad week for you; notice where you "buzz" emotionally under these conditions.
- If you have noticed lots of emotions and feelings towards the right of the table (particularly if they are intense), consider what might be causing this. Perhaps a significant event happened which hurt you, something went wrong, or somebody let you down. Check whether it's likely to be short term, in which case you might choose to deliberately do something that makes you feel more like the emotions on the left of the table.
- If you have been feeling stuck in intense state emotions for a while, or you'd like to learn more about your emotions you could consider getting some extra support – perhaps talk to a mentor, a coach or a mental health professional.
- If your emotions and feelings are predominantly on the left of the table; notice what you've been choosing to do to achieve this – perhaps you've caught up with friends who energise you, remembered to prioritise self-care or had some great feedback about your work.