

# **Don't Just Talk, Be Heard!**

## *Feeling Words List*

From Chapter One: Tom

Questions: "What does this feel like for them?"  
"If it were me, how would I feel?"

### **Pleasant Feelings**

#### **OPEN**

understanding  
confident  
reliable  
easy  
amazed  
free  
sympathetic  
interested  
satisfied  
receptive  
accepting  
kind

#### **HAPPY**

great  
elated  
joyous  
lucky  
fortunate  
delighted  
overjoyed  
satisfied  
thankful  
important  
festive  
ecstatic

#### **ALIVE**

playful  
courageous  
energetic  
liberated  
optimistic  
provocative  
impulsive  
free  
wonderful  
animated  
spirited  
thrilled  
blissful

#### **GOOD**

calm  
peaceful  
at ease  
comfortable  
pleased  
encouraged  
reassured  
surprised  
content  
quiet  
certain  
relaxed  
centered

#### **LOVE**

loving  
considerate  
affectionate  
sensitive  
tender  
devoted  
attracted  
passionate  
admiration  
warm  
moved  
touched  
loved  
comforted

#### **INTERESTED**

concerned  
affected  
fascinated  
intrigued  
absorbed  
inquisitive  
nosy  
snoopy  
engrossed  
curious

#### **POSITIVE**

eager  
keen  
earnest  
intent  
anxious  
inspired  
determined  
excited  
enthusiastic  
bold  
brave  
daring  
optimistic  
confident

#### **STRONG**

impulsive  
free  
sure  
certain  
rebellious  
secure  
dynamic  
tenacious  
hardy

## Difficult/Unpleasant Feelings

### ANGRY

irritated  
enraged  
hostile  
incensed  
sore  
annoyed  
upset  
indignant  
fuming  
infuriated  
bitter  
aggressive  
resentful  
inflamed  
provoked

### DEPRESSED

lousy  
disappointed  
discouraged  
ashamed  
powerless  
diminished  
guilty  
dissatisfied  
miserable  
detestable  
disgusting  
terrible  
sulky  
bad

### CONFUSED

upset  
doubtful  
uncertain  
indecisive  
perplexed  
embarrassed  
hesitant  
shy  
uneasy  
disillusioned  
tense  
skeptical  
pessimistic  
unsure  
lost

### HELPLESS

incapable  
alone  
paralyzed  
fatigued  
useless  
inferior  
vulnerable  
empty  
forced  
hesitant  
despair  
frustrated  
distressed  
woeful  
pathetic

### INDIFFERENT

insensitive  
dull  
nonchalant  
neutral  
reserved  
weary  
bored  
preoccupied  
cold  
disinterested  
lifeless

### AFRAID

fearful  
terrified  
suspicious  
anxious  
alarmed  
panic  
nervous  
scared  
worried  
frightened  
timid  
shaky  
restless  
doubtful  
threatened  
attacked

### HURT

crushed  
tormented  
deprived  
pained  
tortured  
dejected  
rejected  
injured  
offended  
wronged  
aching  
violated  
heartbroken  
alienated  
appalled  
humiliated

### SAD

tearful  
sorrowful  
pained  
grief  
anguish  
desolate  
desperate  
pessimistic  
unhappy  
lonely  
grieved  
mournful  
dismayed

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***When Your Communication "Sings", Your Business Soars.™***

# **The Ten Biggest Communication Mistakes ... and How to Avoid Them!"**

with **David Levin**

Author, ***Don't Just Talk, Be Heard!***  
Co-author, *QBQ! The Question Behind the Question*

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1. Mr. S S

2. "M, M, M!"

3. "Y an I!"

4. "I a a r!"

5. C "s"

6. [ s \_\_\_\_\_ ]

7. "J\_\_\_\_\_ the f\_\_\_\_\_, M\_\_\_\_\_."

8. "W\_\_\_\_\_ d\_\_\_\_\_!"

9. "W\_\_\_\_\_ don't t\_\_\_\_\_ c\_\_\_\_\_ b\_\_\_\_\_?"

10. N\_\_\_\_\_ w\_\_\_\_\_ on y\_\_\_\_\_ c\_\_\_\_\_!

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