



## Gaming Approaches Towards Education. LLC

Tel: (732) 587-5339    contactus@therapyinplay.com    Fax: (201) 604-7035

### Building an Emotional Vocabulary

In school we learn to increase our vocabulary in general, but we rarely teach to increase our emotional vocabulary. Below is a list of emotional words separated by type, the goal is to learn what it means to feel a little less angry and hurt. By becoming more descriptive with our emotions we can better explain how we feel, and how we want to feel.

<b>Anger</b>	<b>Disgust</b>	<b>Fear</b>	<b>Happy</b>	<b>Sad</b>	<b>Surprise</b>
Aggressive	Aversion	Alienated	Accepted	Abandoned	Amazed
Critical	Avoidance	Anxious	Inspired	Bored	Astonished
Distant	Awful	Disrespected	Interested	Depressed	Awe
Frustrated	Disappointed	Humiliated	Intimate	Despair	Confused
Hateful	Disapproval	Inadequate	Joyful	Empty	Disillusioned
Hostile	Hesitant	Insecure	Optimistic	Guilty	Dismayed
Hurt	Judgmental	Rejected	Peaceful	Ignored	Eager
Mad	Loathing	Ridiculed	Playful	Lonely	Energetic
Resentful	Repugnant	Scared	Powerful	Powerless	Excited
Threatened	Revolted	Submissive	Proud	Remorseful	Startled