

CWSH 5: Client handout Describing feelings 1

(The material below is from Linehan, M. (1993b). *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guildford Press: 139–42 (Emotion regulation handout 4).)

Love words	Joy words	Anger words
Love	Joy	Anger
Adoration	Amusement	Aggravation
Affection	Bliss	Agitation
Arousal	Cheerfulness	Annoyance
Attraction	Contentment	Bitterness
Caring	Delight	Contempt
Charmed	Eagerness	Cruelty
Compassion	Ecstasy	Destructiveness
Desire	Elation	Disgust
Enchantment	Enjoyment	Envy
Fondness	Enthralment	Exasperation
Infatuation	Enthusiasm	Ferocity
Kindness	Euphoria	Frustration
Liking	Excitement	Fury
Longing	Exhilaration	Grouchiness
Lust	Gaiety	Grumpiness
Passion	Gladness	Hate
Sentimentality	Glee	Hostility
Sympathy	Happiness	Irritation
Tenderness	Hope	Jealousy
Warmth	Jolliness	Loathing
	Joviality	Mean-spiritedness
	Jubilation	Outrage
	Optimism	Rage
	Pleasure	Resentment
	Pride	Revulsion
	Rapture	Scorn
	Relief	Spite
	Satisfaction	Torment
	Thrill	Vengefulness
	Triumph	Wrath
	Zaniness	
	Zest	
	Zeal	

CWSH 5: Client handout Describing feelings 2

(The material below is from Linehan, M. (1993b). *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guildford Press: 139–52 (Emotion regulation handout 4).)

<i>Sadness words</i>	<i>Fear words</i>	<i>Shame words</i>
Sadness	Fear	Shame
Agony	Apprehension	Contrition
Alienation	Anxiety	Culpability
Anguish	Distress	Discomposure
Crushed	Dread	Embarrassment
Defeat	Edginess	Guilt
Dejection	Fright	Humiliation
Depression	Horror	Insult
Despair	Hysteria	Mortification
Disappointment	Jumpiness	Regret
Discontentment	Nervousness	Remorse
Dismay	Overwhelmed	
Displeasure	Panic	
Distraught	Shock	
Gloom	Tenseness	
Glumness	Terror	
Grief	Uneasiness	
Homesickness	Worry	
Hopelessness		
Hurt		
Insecurity		
Isolation		
Loneliness		
Melancholy		
Misery		
Neglect		
Pity		
Rejection		
Sorrow		
Suffering		
Unhappiness		
Woe		

CWSH 5: Client handout Describing feelings 3

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Interest	Weariness	Shyness
Excitement	Dissatisfaction	Fragility
Curiosity	Disinclination	Reserve
Pique		Bashfulness
Intrigue		Coyness
		Reticence
Caution	Surprise	Boldness
Reluctance	Amazement	Bravery
Suspicion	Astonishment	Courage
Caginess	Awe	Determination
Wariness	Startle	
	Wonder	
Power	Dubiousness	Apathy
Sense of competence	Scepticism	Boredom
Capability	Doubt	Dullness
Mastery		Ennui
		Fidgetiness
		Impatience
		Indifference
		Listlessness