

# WORD LIST: “Feelings” & Intervention/Actions

## Anger:

Angry  
Animosity  
Defensive  
Defiant  
Disturbed  
Exasperated  
Exploited  
Frustrated  
Hateful  
Hostile  
Intolerant  
Irrational  
Irritated  
Mad  
Provoked  
Reluctant  
Revengeful  
Stubborn  
Superior  
Uncomfortable

## Confusion:

Apprehensive  
Bewildered  
Cautious  
Confused  
Discontent  
Distracted  
Hesitant  
Impatient  
Obligated  
Overwhelmed  
Reluctant  
Suspicious  
Uncomfortable  
Unsafe  
Uneasy  
Unsure  
Worried

## Depression/Sadness:

Apathetic  
Ashamed  
Bewildered  
Cowardly  
Defeated  
Depressed  
Despair  
Despondent  
Discouraged

Distracted  
Disturbed  
Exasperated  
Forlorn  
Hopeless  
Hurt  
Inferior  
Insecure  
Irrational  
Lonely  
Misunderstood  
Overwhelmed  
Pain  
Regret  
Rejected  
Reluctant  
Sad  
Self-pity  
Uncomfortable  
Uneasy  
Unhappy  
Unloved  
Unworthy  
Weary  
Worried

## Fear:

Afraid  
Anxious  
Cautious  
Cowardly  
Fearful  
Helpless  
Hesitant  
Insecure  
Irrational  
Powerless  
Provoked  
Reluctant  
Resentful  
Suspicious  
Unsure  
Worried

## Happiness:

Adventurous  
Awed  
Captivated  
Caring  
Comfortable  
Content

Excited  
Exhilarated  
Fascinated  
Gad  
Happy  
Hopeful  
Joyful  
Jubilant  
Overjoyed  
Peaceful  
Pleased  
Refreshed  
Respectable  
Satisfied  
Secure  
Successful  
Tranquil  
Worthy

## Jealousy:

Apathetic  
Cheated  
Envious  
Intolerant  
Irrational  
Jealous  
Misunderstood  
Possessive  
Rejected  
Resentful  
Revengeful  
Suspicious  
Uncomfortable  
Uneasy  
Unloved  
Unsafe  
Unworthy  
Worried

## Pain/Hurt:

Ashamed  
Cheated  
Defeated  
Depressed  
Despair  
Despondent  
Disappointed  
Discontented

Exploited  
Forlorn  
Hurt  
Inferior  
Miserable  
Pain  
Suffering  
Unhappy  
Unworthy  
Uncomfortable

## Rejection:

Abandoned  
Apathetic  
Awkward  
Defeated  
Depressed  
Despair  
Despondent  
Disturbed  
Exasperated  
Exploited  
Foolish  
Gullible  
Helpless  
Inferior  
Insecure  
Lonely  
Misunderstood  
Miserable  
Pain  
Powerless  
Regret  
Rejected  
Revengeful  
Self-Pity  
Stunned  
Unloved  
Unsure  
Unworthy  
Used

# WORD LIST: “Feelings” & Intervention/Actions

|                          |                               |                   |
|--------------------------|-------------------------------|-------------------|
| Acknowledged             | Followed-up                   | Prompted          |
| Advised                  | Identified                    | Prompting         |
| Allowed                  | Identify Logical consequences | Provided          |
| Assisted                 | Identifying Triggers          | Provided Feedback |
| Brainstormed             | Implemented                   | Reassured         |
| Clarified                | Increase participation in...  | Recognized        |
| Coached                  | Inquired                      | Redefined         |
| *Cognitive restructuring | Instructed                    | Redirect          |
| Compared                 | *Interpreted                  | Reflected         |
| Complied                 | Intervened                    | Reflected back    |
| Confronted               | Journal writing, drawing      | Reframed          |
| Contracted               | *Link feelings to behavior    | Rehearsal         |
| Coordinated              | Listened                      | Reinforced        |
| Demonstrated             | Looked at                     | Reminded          |
| Developed Awareness      | Modeled                       | Requested         |
| Differentiated           | Modeling                      | Role played       |
| Discussed                | Modified                      | Role-playing      |
| Empathized               | Monitored                     | Ruled out         |
| Emphasized               | Paraphrased                   | Set limits        |
| Encouraged               | Praise                        | Suggested         |
| Encouragement            | Praised                       | Summarized        |
| Engage                   | Preformed                     | Supported         |
| Explained                | Problem-solved                | Transitioned      |
| Explored                 | *Processed                    | Utilized          |
| Facilitated              |                               | Validated         |