

A Landscape of Sometimes Hard-to-Find Feelings (*)

Love

Affectionate, caring, close, proud, passionate

Anger

Frustrated, exasperated, enraged, indignant

Hurt

Let down, betrayed, disappointed, needy

Shame

Embarrassed, guilty, regretful, humiliated, self-loathing

Fear

Anxious, terrified, worried, obsessed, suspicious

Self-Doubt

Inadequate, unworthy, inept, unmotivated

Joy

Happy, enthusiastic, full, elated, content

Sadness

Bereft, wistful, joyless, depressed

Jealousy

Envious, selfish, covetous, anguished, yearning

Gratitude

Appreciative, thankful, relieved, admiring

Loneliness

Desolate, abandoned, empty, longing

* Source: Difficult Conversations: How to Discuss What Matters Most (Stone, Patton, Heen, Harvard Negotiation Project, 1999)