

An A to Z of Feelings – A Psychotherapist’s Perspective

Feelings are not facts, but they are messages. They are the body and mind’s way of signalling what matters to us — what needs care, attention, or celebration. Naming our emotions is the first step in making sense of them, regulating them, and responding with compassion.

A - Affectionate

A warm, tender feeling of caring. Affection builds connection and signals safety in relationships.

Reflection space: _____

B - Blissful

Moments of pure joy and contentment. Bliss reminds us to pause and savour life’s simple pleasures.

Reflection space: _____

C - Confident

The solid belief in yourself and your abilities. Confidence grows through practice and self-trust.

Reflection space: _____

D - Disappointed

A natural response to unmet hopes or expectations. Disappointment can guide us to adjust goals or find new meaning.

Reflection space: _____

E - Excited

That bubbling energy of anticipation. Excitement is the body’s way of preparing you for action and engagement.

Reflection space: _____

F - Fearful

Fear keeps us safe — but when it’s constant, it can hold us back. Therapy can help differentiate real danger from perceived threats.

Reflection space: _____

G - Grateful

Gratitude shifts our focus to what is good and present, rather than what is missing.

Reflection space: _____

H - Hopeful

A light that carries us through difficult times. Hope is often the first spark in healing.

Reflection space: _____

I - Inspired

The feeling of being lifted by an idea or person. Inspiration can be the beginning of creative action.

Reflection space: _____

J - Jealous

Jealousy is often a signpost of unmet needs or desires. When we explore it with curiosity, we can learn more about what we value.

Reflection space: _____

K - Kind-hearted

A feeling that moves us towards compassion and empathy. Being kind-hearted starts with offering that same gentleness to ourselves.

Reflection space: _____

L - Lonely

Loneliness is a signal, not a flaw — an invitation to seek connection, community, or self-understanding.

Reflection space: _____

M - Motivated

Motivation gives us energy to move forward. If it feels low, we can work to reconnect to purpose and values.

Reflection space: _____

N - Nervous

Nervousness is the body's way of saying, "This matters." Breathing techniques and grounding can help steady the system.

Reflection space: _____

O - Optimistic

Optimism is a mindset that allows us to look for possibilities. It doesn't ignore hardship but holds space for hope.

Reflection space: _____

P - Proud

A healthy pride helps build self-esteem. Celebrating achievements — big or small — strengthens resilience.

Reflection space: _____

Q - Quiet

Quiet moments are vital. They let our nervous system reset and help us reconnect with our inner voice.

Reflection space: _____

R - Relieved

Relief is the release of tension. Feeling it reminds us of the importance of letting go.

Reflection space: _____

S - Sad

Sadness is part of being human — it allows us to process loss and make space for healing.

Reflection space: _____

T - Thankful

Thankfulness deepens connection. Expressing it strengthens relationships and personal well-being.

Reflection space: _____

U - Unsettled

An unsettled feeling is an inner nudge that something needs attention — a decision, a boundary, a shift.

Reflection space: _____

V - Validated

Feeling seen and understood is essential for emotional safety. Therapy can be a powerful space for validation.

Reflection space: _____

W - Worried

Worry tries to prepare us — but too much can overwhelm. Learning to notice worry without letting it take over is key.

Reflection space: _____

X - Xenial (Friendly)

The warmth of welcoming others. Xenial feelings create belonging and build community.

Reflection space: _____

Y - Yearning

That deep longing for connection, purpose, or meaning. Yearning often points towards what we truly value.

Reflection space: _____

Z - Zealous

Strong passion or enthusiasm. When channelled, zeal can be a powerful force for positive change.

Reflection space: _____

When we can name and understand our emotions, we move from being controlled by them to being in conversation with them. This is at the heart of emotional intelligence — and of psychotherapy. If you find yourself struggling with certain feelings, or perhaps unsure what you're feeling at all, therapy can be a supportive place to explore, untangle, and make sense of your inner world.