



Extracted from Resilience at Work, Kathryn Jackson (Routledge 2018), available from most online retailers
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Emotional Honesty: Word List
 designed by Kathryn Jackson in collaboration with North Canterbury Counselling Services

Soft State	Affection Fondness Amiable Warmth Respect	Grateful Thankful Glad Optimistic Interested	Peaceful Relaxed Accepted Content Fortunate Belonging	Confident Dynamic Compelling Impressive	Annoyed Cross Cranky Impatient Critical Antagonistic	Puzzled Hesitant Uneasy Doubtful Apprehensive Cautious Vigilant Concerned	Jaded Gloomy Let down Pessimistic Disappointed Remorseful Apathetic	Nauseated Objectionable Reluctance Criticism Boredom
Neutral State	Love Passion Tenderness Admiration Kind Fulfilled	Joy Cheerful Friendly Happy Playful Positive	Safe OK Calm Open Secure Trust	Powerful Proud Strong Capable Credible Robust Effective	Anger Hurt Bitter Resentful Exasperated Mad Irritable	Fear Afraid Anxious Worried Scared Alarmed Suspicious Confused	Sadness Empty Sorrowful Tearful Woeful Upset Miserable	Disgust Dislike Distaste Antipathy Displeasure Contempt
Intense State © Kathryn Jackson Resilience at Work	Lust Yearning Ecstasy Adoration Infatuation	Alive Ecstatic Excited Thrilled Elated Rapture	Cherished Impervious Shielded Sheltered Immune Protected Defended	Intense Obsessive Forceful Passionate Controlling Forcible Zealous	Enraged Aggravated Outraged Infuriated Vengeful Seething Furious Aggressive	Terrified Horrorified Pettrified Panicked Paralysed Threatened Helpless	Grief -stricken Worthless Hopeless Despairing Devastated Depressed Rejected Overcome	Loathing Hatred Revulsion Repugnance Hatefulness Horror Dread