

Primary Feelings Which May Underlie Anger

Abandoned	Fearful	Persecuted
Ambivalent	Flustered	Pressured
Anxious	Foolish	Put down
Betrayed	Frantic	Rejected
Blamed	Frustrated	Remorseful
Bored	Frightened	Sad
Burdened	Grief-stricken	Scared
Challenged	Guilty	Startled
Cheated	Helpless	Stepped on
Condemned	Hurt	Stupid
Confused	Ignored	Tense
Conspicuous	Imposed upon	Threatened
Crushed	Inadequate	Tired
Defeated	Intimidated	Thwarted
Despairing	Isolated	Trapped
Diminished	Jealous	Troubled
Discontented	Left out	Uneasy
Distracted	Lonely	Unloved
Dominated	Low	Unsettled
Empty	Miserable	Vulnerable
Envious	Nervous	Worried
Exhausted	Overwhelmed	