EMOTIONS PUT TO WORDS

When your heart expresses itself, it can't use words. It has to communicate with you through feelings.
This is a list of words and definitions that can help you
identify your emotions with words.

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Emotions Put To Words

The Emotional Pain Of Grief

Grief Has To Do With Relationships

Grief: This can happen, when you have the death of a loved one, divorce, rejection, or separation from someone. You may need to see if grief applies to you, based on the possibility that you started struggling in your relationships with other people about the same time as your issues with divorce. If so, then this may be the emotion you are suffering from; and, your healing may be dependent on Jesus dealing with it.

Grief Is A Broad Term

Grief is an emotional condition that is defined in many different ways. It actually needs to be broken down into separate emotions, so you can be helped to look at its many parts. Your emotional reaction can be defined as grief by those around you. However, the process of identifying grief is almost impossible, due to the individual reactions that are categorized under it. You needing to grieve won't mean anything to you as a general concept.

Your emotional reaction and suffering from grief can be entirely different from everyone else. So, let some other, easier-identifiable emotions, help you define your grief and grieving process.

Here are a large set of words that can describe the many aspects of grief: Sorrow, sadness, mourning, despondency, heartache, misery, anguish, ache, pain, distress, agony, torment, affliction, suffering, heartbreak, bereavement, despair, gloom, melancholy, regret, remorse, discomfort, troubled, unhappy, woeful, worried, concerned, dejected, depressed, destitute, lamenting, mortified, purgatory, trial, tribulation, vexation, bemoaning, bewailing, repining, calamity, difficulty, distress, hardship, misfortune, ordeal, plight.

Agony: In this case, you would be experiencing *extreme* physical and mental suffering. Agony and misery are much the same. However, agony is a greater form of suffering. It is beyond moderate; it is almost unbearable; it feels like you are on the borderline of breaking down. Your thoughts are very disturbing; you feel overwhelmed; and your physical suffering is almost to the place of being debilitating. You are unable to function in much of a physical or social way.

Here are some other words that are similar to feeling agony; they may not all represent your emotions. But, if most of them do, this may represent your main emotion: heartbreak, excruciation, torment, trauma, tribulation, torture, anguish, affliction, distress, hell, hardship, suffering, and pain.

Anguish: In this case, you are feeling a *severe* emotional or physical pain or suffering that is similar to misery and agony. However, it may not involve your thoughts. It may be an intense emotional pain that is being manifest in your chest and other parts of your body that doesn't have any mental processes attached to it. You aren't doing much thinking; you are mostly just experiencing the feelings without reasoning, purpose, plans, or explanations. You may not even be able to explain why you feel the way you do.

These words can help you see if you are experiencing anguish: devastation, distress, despair, destitution, suffering, agony, torment, affliction, suffering, heartache, heartbreak, bereavement, gloom, melancholy, mourning, regret, remorse, gloom, dejection, depressed, despondent, mortified, purgatory, trial, tribulation, vexation ache, pain.

Anger: You are having *strong* feelings of annoyance, displeasure, or even hostility. You feel antagonistic toward a person or group that has done you wrong on purpose. If you are experiencing a good kind of anger that properly provides you with a voice concerning mistreatment, then it can bring a constructive solution to a bad situation. You may be a person that has to get mad before you will deal with mistreatment. If that is the case, then you may only need to deal with the way your anger expresses itself.

But *excessive* anger can cause you real social and relational problems. You are experiencing anger, when you feel annoyed, frustrated, irritated, hostile, and antagonistic. Some physical evidences of anger can be increased heart rate, high blood pressure, and sweating. Causes of anger are produced by you thinking your wellbeing is being threatened, you are experiencing treatment that isn't fair, or you aren't being heard or appreciated for your input.

If you are trying to defend yourself, get even, or protect yourself physically, mentally, or emotionally and you don't feel like you are getting the job done, then anger may get involved, so as to subsidize or empower your efforts.

Anger can be a normal reaction for dealing with a problem or to protect yourself. However, if it gets to intense, unreasonable, excessive, out of control, or expressed in socially unacceptable ways, it can produce bad consequences, lead to you getting verbally abusive, aggressive, or physically violent.

Here are some words that present varying degrees and types of anger: annoyance, hostility, frustrated, infuriated, outraged, irritated, vexed, cross, upset, antagonized, exasperated, miffed, peeved, petulant, impatient, indignant, outraged, furious, enraged, violent; hatred, ire, resentment, animosity, stew, temper, chagrin, dander, huff, displeasure, enmity, soreness, storm, tantrum, tiff, blow up, ill-tempered, slow-burn.

Distress: You are experiencing extreme anxiety, sorrow, or pain. You are sorrowful, feel fear, and have physical pain. But it has reached a point of great intensity. You feel a significant emotional discomfort and suffering. You are feeling anxious, sadness, fear, or being overwhelmed. It may cause you to physically have headaches, insomnia, or gastrointestinal issues. You may have difficulty concentrating, making decisions, or coping with daily tasks. You may withdraw from friends, associates, or be unable to function at work. You may self-medicate with drugs and alcohol. You may have a hard time sleeping and eating at normal times.

Here are some words that are like feeling distressed: torture, affliction, hardship, disturbed, difficulty, filled with anxiety, in adversity, inconsolable, overwhelmed, suffering, sadness, fear, confused, lost.

Guilt: You are feeling worry, unhappiness, shame, or responsible because something you did or think you did that was wrong, bad, evil, illegal, immoral, or sinful. It is an emotion you experience when you believe you have violated your own moral standards, God's standards, or caused harm to someone or group. You believe you are responsible for a bad deed or failed perform a good deed. You can have bad or even hostile feelings towards yourself for the transgression. Guilt can cause you to feel anxious, distressed, worried, uncomfortable, and responsible for your thoughts, feelings, words, or deeds.

Guilt can be intense, relentless, and merciless. It can create shame, regret, judgmentalism, legalism, condemnation or separation from God, repentant, and remorse.

Guilt has a lot of types of manifestation; so, here is a large group of possible expressions: shame, reproach, sinful, remorse, penitence, condemnation, infamous, embarrassed, mortified, wretched, ashamed, disgraced, dishonored, regretful, penitent, or contrite. Having guilt because of stigma, culpability, liability, responsibility. Becoming guilty because of indiscretion, crime, delinquency, dereliction, error, failure, fault, iniquity, lapse in judgment, malfeasance, malpractice, misbehavior, misconduct, misstep, offense, transgression, wickedness, or wrong doing.

Helplessness: You are feeling like you are unable to defend yourself or to effectively get your needs met. You feel like you solving your situation and that the end result of your condition or issue will be impossible to turn out well.

If you have determined that you are helpless because you have experienced constant and complete undesirable events, results, or accomplishments, then you will stop trying to improve your situation. Even when it is possible that you could win over a situation, circumstance, or problem, if you have attributed helplessness to your situation, they you won't even try. You feel resignation, submission, acceptance, and finality to your situation.

If you repeatedly fail, constantly lack control, or have never made a successful good change to the outcome, even when you try, you may decide to simply give up and let things play out however they will. If you lack the motivation to take action or attempt to change your circumstances, even when chances for possible success are present, you may have accepted helplessness.

If you believe it won't do any good, refuse to try, or set yourself up for failure, then you have given up on life and need Jesus to empower you to do what it takes to start succeeding in life.

Depression, hopelessness, despair, constant physical fatigue, and worry can be symptoms and compatible emotions that lend themselves to helplessness. A lack of faith in Jesus and His willingness to come to your aid, may also be a part of helplessness.

Some other words that are kind of like feeling helpless are: powerless, defenseless, vulnerable, ineffectual, exposed, weakness, disability, incompetence, powerlessness, failure, inability, incapacity, subordination, subservience, incapability, useless, lack of talent, skill, experience, success, training, and accomplishments.

Loneliness: You are feeling distress, sadness, discomfort, or uneasiness because you are alone or you feel like you are alone. You lack friends or people to visit with; or, you have these things but they aren't meeting your social and emotional needs. You may be with a person most of the time and still feel lonely. You may be surrounded by lots of people on a regular basis and still feel lonely. If the people you are associating with aren't keeping you from feeling lonely, then you need to reach out to those who are better qualified to address your loss of a loved one.

If you feel socially disconnected, lack a relationship of intimacy, and don't feel a belonging, then you will need to address this with proper study and prayer. If you feel disconnected, don't have many meaningful relationships, or don't have relationships that you can enjoy, then you are probably experiencing emotions of loneliness. Loneliness can present itself as feelings of sadness, emptiness, anxiety, and low esteem. Because of your lack of connections, meaningful relationships, or people you enjoy being around, you may feel critical of yourself, self-introspective, unwilling to reach out, feel socially inadequate or qualified, and self-incriminating.

Loneliness is different from you being alone. If you are having social failures, your personality tends to offend or alienate you, the people around you have different interests or values, you lack certain social or people skills, or anything that has caused you to fail to gain or maintain friends, then your need to connect is being neglected.

These words can help you decide if you are feeling lonely: friendless, alienated, aloneness, seclusion, isolated, lonesomeness, desolation, disappointment, discomfort, letdown, solitude, forlorn, remoteness, solitary, dejection, withdrawn.

Misery: In this case, you would be experiencing feelings of distress or discomfort that are mild to moderate in intensity. Your heart is involving all three aspects of itself, your mind, and your body. Your mind is thinking thoughts that are hurting you; your heart is feeling emotions that are constantly negative; and your body is experiencing pain in your chest and elsewhere that are difficult to endure. It isn't unbearable, it is just miserable, uncomfortable, and typically persistent.

Here are some other words that are kind of like feeling miserable, if most of them describe your emotional situation, then choose this word: suffering, discomfort, heartache, affliction, stressed, unhappy, sad, disappointed, distressed, hurt, hardship, suffering, anxiety, pain, grief, woe.

Numbness: You are experiencing a diminished or absent emotional response to the situation and to the people around you. It is almost like you don't have feelings. You feel detached and unable to identify how you feel about the loss. You know what you should be feeling; but, you don't seem to be able to feel anything.

Here are some other words that kind of express numbness: emotionless, emptiness, stoic, deadness, detachment, apathetic, disinterest, unconcerned, indifferent, dullness, emptiness, insensitivity or lack of sensation, unfeeling, insensibility, paralysis, complacent, dispassionate, impervious, unimpressed, tepid, stupefaction or stupor, feeling like a zombie.

Overwhelmed: You are feeling like you have too much to deal with. You feel like you have too many assignments, responsibilities, or problems. If you feel unable to deal with the current issue of loss, the additional demands of life, or circumstances, then you can start feeling stressed, anxious, or even paralyzed by your situation. If you are experiencing strong emotional, mental, and physical reactions, then this may be a dominate emotion.

If you feel burdened, overworks, or unable to fulfill your responsibilities, stressed, or backed into a corner, then you may be overwhelmed. If your mind is being bombarded with thoughts, your heart is flooded with feelings, and your body is having sensations of being overworked, then you are probably overwhelmed. If it has become difficult to think clearly, make decisions, or accept any more responsibilities, then you have reached your limit.

Here are some words that go along with feeling overwhelmed: devastated, oppressed, deluged, perplexed, bewildered, affected, overpowered, repulsed, vanquished, worsted, debilitated, fatigued, worn-out, exhausted, expended, empty, used up, abused, mistreated, overworked, disoriented, confused, lost.

Sadness: You are having feelings of a lack of advantages or opportunities. You are feeling loss, despair, grief, helplessness, disappointment and sorrow. You may become quiet, lack motivation, and want to withdraw yourself from any social activity. You are unhappy; you may feel like you have lost someone you consider valuable or not replaceable.

You can feel anything from mild disappointment to extreme despair and anguish. A loss of a loved one typically causes sadness for a while. But, if it just won't go away, you may be suffering from depression or other mental or emotional conditions.

Here are some words that help describe feeling sad: joylessness, down, despondent, gloom, depressed, melancholy, mourning, miserable, regretful, remorseful, blue, hopelessness, sorrow, blahs, bleakness, cheerlessness, dysphoria, forlorn, letdown, listlessness, moodiness, mopes, mournful, dismal, downcast, heavy hearted, the dumps.

Shock: You are having a physical and mental response to a terrifying, traumatic, or surprising event. You had a temporary surge of strong emotions and physical reactions. Typically, it was involuntary, uncontrollable, and very demonstrative. Your initial reaction is usually followed by unbelief, a lack of ability to truly process it mentally, and you will need time to allow all the facts to form and settle in your mind. When you are in a state of shock, you can experience confusion, disorientation, detachment, and a feeling of being lost.

Here are some words that can also describe what shock feels like: trauma, surprised, distressed, disbelief, astonished, terrified, stupor, stupefied, stupefaction, debilitated, calamity, catastrophic, unexpected, impossible, hardship, misfortune, ordeal, plight.

Sorrow: In this case, you are feeling a deep distress, disappointment, loss, loneliness, abandonment, or detachment. You can feel helpless, hopeless, confused, and have feelings of despair. This is a minor to moderate feeling.

Here are words that can be a part of feeling sorrowful: dejected, distress, despair, depression, mourning, concerned, sadness, lamenting, weeping, woe.

Relief: This isn't an emotion that you can choose; however, it is a legitimate emotional reaction. It is listed here, so you can be aware of its typical occurrence in various life-crises. But, it can often create other emotions, like guilt for feeling relieved. Also, you may actually experience relief while also feeling grief, when you lose a loved one through death, divorce, separation, and other ways.

Be aware of normal emotional reactions; but, find and choose the additional emotions that are negative and painful, that usually come along with it.

- You can experience this, if they had been suffering with a long illness or taking care of them was difficult.
- The person may have been a difficult person to get along with and you feel relieved that you don't have to deal with their treatment.
- You may have been expecting them to go be with Jesus for a long period of illness and you are relieved that it is finally over.
- You may feel relieved, if the person's life had been one filled with a lot of pain and sorrow.
- You may feel relieved about their pain finally coming to an end.
- You may be experiencing relief from the responsibility of taking care of them.
  It can be confusing to feel sad, lonely, and grief, while feeling a positive emotion of relief.

It is vital that you allow Jesus to help you with any conflicting emotions. If you try to forgive yourself, ignore them, reason your way out of them, or punish yourself because of them, then you will end up with heart and mind damage. Jesus needs to help you be healed from illegitimate emotional conflicts. And, He needs to heal you of legitimate emotional conflicts.

Let Jesus forgive of any wrong attitudes and let Him heal you of normal, but conflictive attitudes. If you feel guilty for feeling relief, ask Jesus to explain it to you. Let Him show you that it doesn't mean you didn't care for your loved one. Feeling relieved can also be described by these words: peaceful, relieved, relaxed, free, released, alleviated, comfort, reprieve, satisfaction, abatement, appeasement, assuaged, getting a break, consolation, contentment, deliverance, diversion, ease, extrication, lift, lightening, mitigation, refreshed, remission, rest, remedy, aid, softening, solace, comfort, a load off of your mind.