

Emotional Vocabulary for Men

Calm & Grounded

- Peaceful
- Content
- Safe
- Centered
- Present

Activated

- Anxious
- Irritated
- Frustrated
- Overwhelmed
- Alert

Disconnected

- Numb
- Flat
- Lonely
- Shut down
- Empty

Tender & Vulnerable

- Sad
- Grieving
- Exposed
- Insecure
- Tender

Empowered

- Proud
- Motivated
- Strong
- Clear
- Courageous

Somatic Sensations

- Tight
- Fluttery
- Clenched
- Goosebumps
- Heavy