



CCARE | The Center for Compassion and Altruism Research and Education
COMPASSION COURSE | Cultivate a Compassionate Heart
EMOTIONS WHEN TRIGGERED

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AFRAID

apprehensive
dread
mistrustful
panicked
scared
suspicious
wary
worried

ANNOYED

dismayed
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
indignant
irate
livid
outraged
resentful

AVERSION

contempt
disgusted
dislike
repulsed

DISCONNECTED

alienated
detached
numb
removed
withdrawn

DISQUIET

agitated
disconcerted
rattled
surprised
uncomfortable
uneasy
unnerved
upset

EMBARRASSED

ashamed
flustered
guilty
self-conscious

FATIGUE

burnt out
depleted
exhausted
weary

PAIN

devastated
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
heavy hearted
hopeless

TENSE

anxious
cranky
distressed
nervous
overwhelmed
stressed out

VULNERABLE

fragile
guarded
helpless
insecure