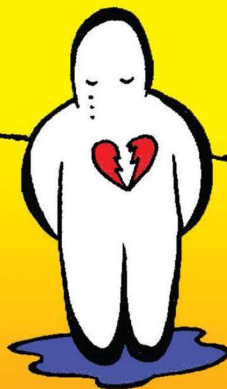




The

BLOB
VISUAL



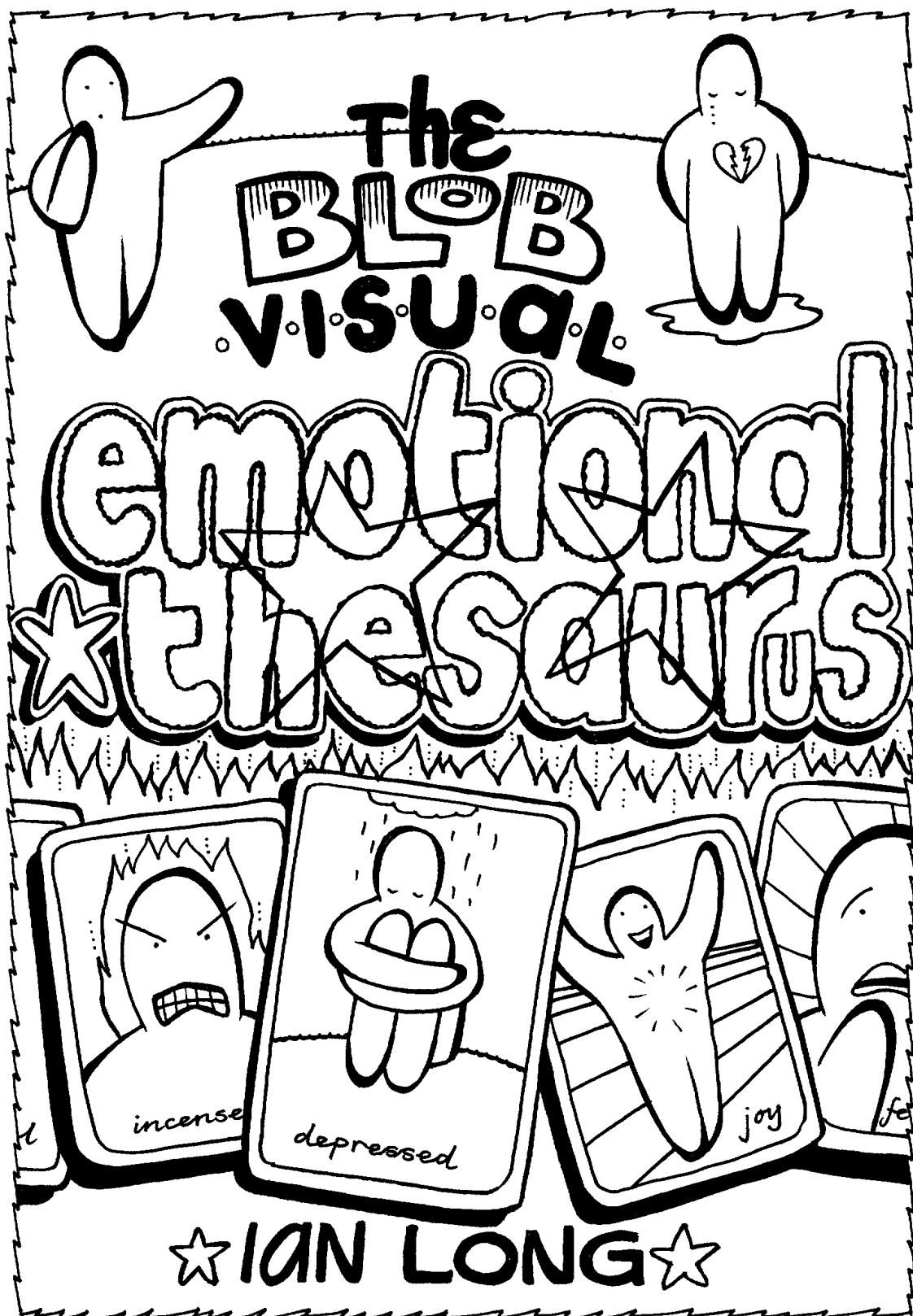
emotional ★thesaurus



★ IAN LONG ★

ROUTLEDGE

A Speechmark Book



Routledge
Taylor & Francis Group

LONDON AND NEW YORK

Dedicated to those who seek to change themselves, in order to change the world

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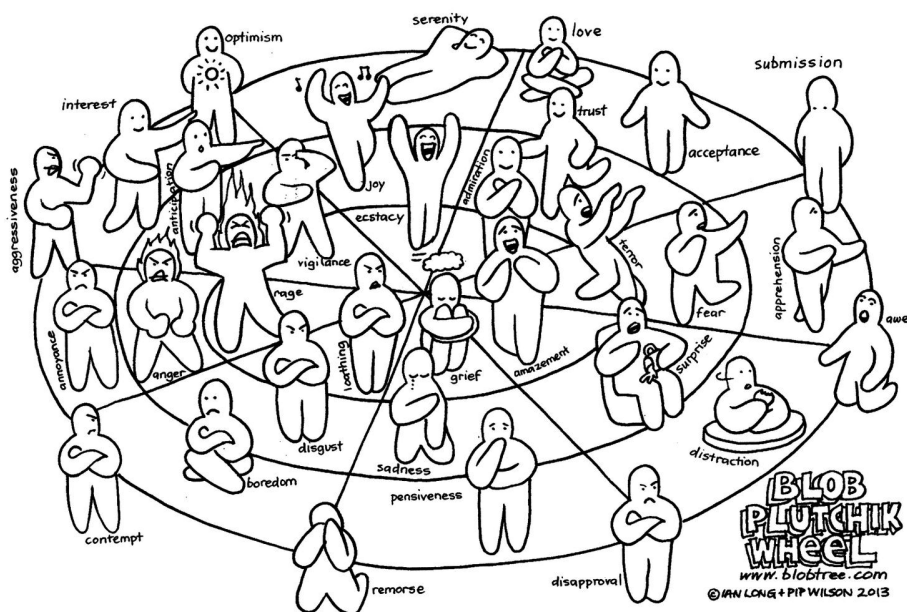
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How to use this book

A thesaurus is a collection of words which have a similar meaning (synonyms) or opposite meanings (antonyms). This book is focused upon emotional words and provides visual meanings for them all. There are many words that I have missed out. This is a first edition and will be expanded over time.

One of the challenges when exploring feelings words is to know which are the stronger ones and which are gentler. The 'ranges of feelings' pages provide a visual spectrum which enables even the youngest of writers and explorers to grasp their intensity.

No one agrees upon the correct order. There is no official word order for emotions. This is a first attempt to visualise this idea and responses are welcome.

Opposite pairs are difficult to choose. A traditional thesaurus usually contains a range of words to attempt to provide an antonym. I have tried to choose the one which best fits.

On the 'individual feelings' pages, I have tried to provide two synonyms beneath the main word. They will be either one lesser or one greater in intensity than the middle word. If you are unsure, take a look at the relevant feelings range page. I have also provided one sentence to show how the word might be used in written work. **Some of the words only have two images because they are at the extreme of emotions and only have one word to the side of them rather than a stronger or weaker feeling.**

This book can be used to help writers strengthen their language. As a teacher, I was aware just how many children were told to improve their work using a thesaurus, only to choose inappropriate substitutes because the alternative words were outside their experience. By adding the images, and a visual range, that difficulty should be reduced.

This book can also be used in discussions on feelings, in drama lessons to picture feelings for actors and in reading to strengthen the skills of all levels of reader.

About the author

I have been a youth worker, a primary school teacher and an assistant pastor. Currently, my main role is as a carer. This book, therefore, has been produced in spaces throughout the day.

I first developed visual books with Pip Wilson, the trainer / youth worker / ideas man / beautiful human person, when we created the Blob Tree image together in the 1980s. It was to help all types of people to express their feelings, no matter what age they were or country they were from. The Blobs in these images have no gender or age. They express feelings common to us all.

Pip describes them as signals. He says that feelings are not good or bad, just signs for us to understand. When we are young we often see feelings as instructions. As we get older we choose which feelings to respond to.

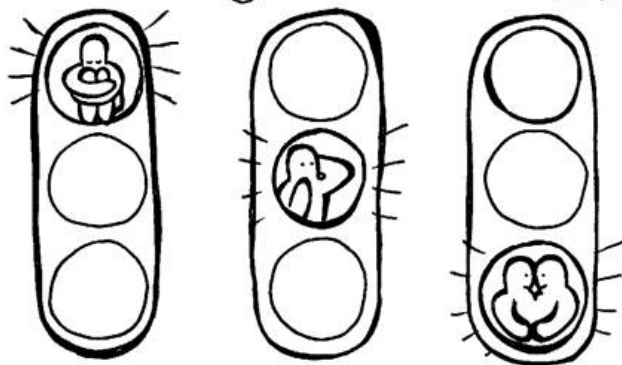
It is my desire that this book enables future generations to become more emotionally literate.

Use this book to identify your feelings, to name them and not to be scared of them. Actors are one of the few groups of people who practise their feelings. As we become more emotionally intelligent, feelings will be a part of us that we can more confidently describe and appreciate.

Ian



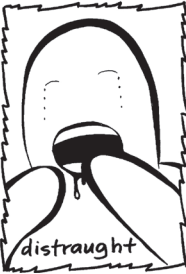
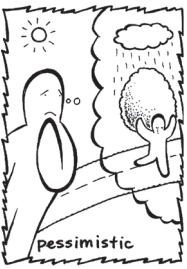
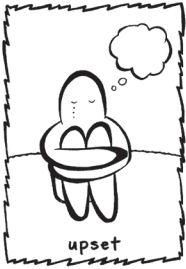


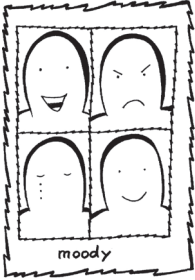
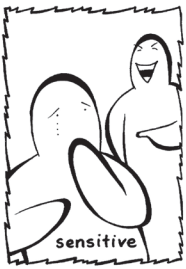

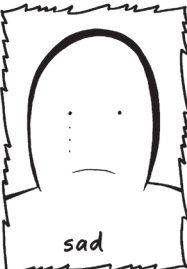
Ranges of feelings

Feelings are signals PIP WILSON

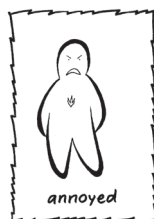


www.blobtree.com ©IAN LONG + PIP WILSON 2013

A range of sad feelings

	 <p>depressed</p>	<i>stronger</i>	
		depressed	 <p>down</p>
 <p>distraught</p>		down	
		distraught	
	 <p>pessimistic</p>	hurt	
		pessimistic	 <p>upset</p>
		upset	
 <p>embarrassed</p>		embarrassed	
		discouraged	 <p>discouraged</p>
	 <p>moody</p>	discouraged	
		moody	 <p>sensitive</p>
		sensitive	
 <p>disappointed</p>		disappointed	
		sad	
		<i>weaker</i>	 <p>sad</p>

A range of angry feelings



stronger

evil

violent

volcanic

incensed

raging

hostile

furious

angry

mad

bitter

seething

annoyed

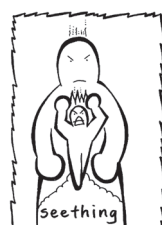
jealous

frustrated


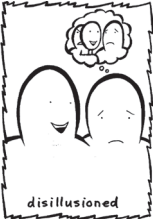



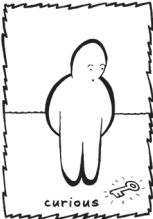

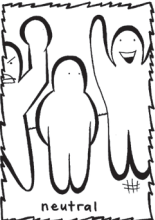
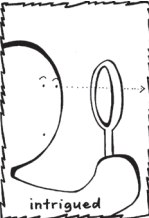





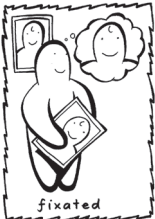
irritated

negative

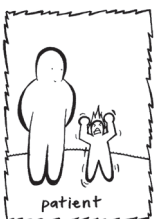
weaker



From dispirited to obsessed

		<i>stronger</i>	
		dispirited	
		despondent	
		disillusioned	
		bored	
		bored	
		lazy	
		neutral	
		weaker	
		curious	
		intrigued	
		fascinated	
		enthralled	
		mesmerised	
		greedy	
		compelled	
		fixated	
		obsessed	
		<i>weaker</i>	

A range of positive feelings



stronger

euphoric

overjoyed

thrilled

bouncy

enthusiastic

excited

optimistic

delighted

cheerful

happy

encouraged

relieved

hopeful

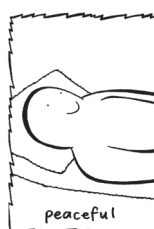
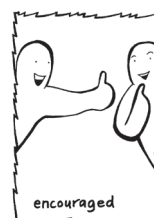
amused

peaceful

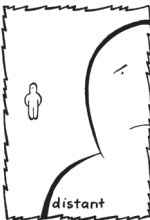
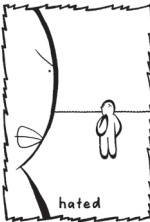
patient

calm

weaker



A range of rejection feelings



stronger

worthless

condemned

lost

drowning

wounded

abandoned

hated

empty

rejected

fragile

distant

lonely

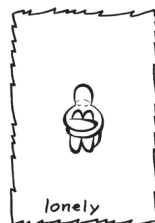
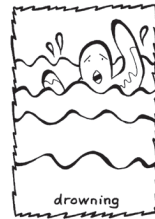
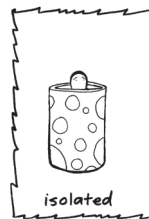
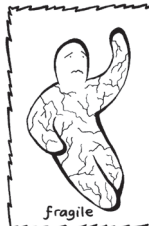
cold

isolated

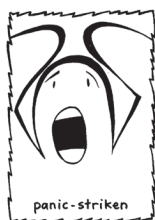
ignored

alone

weaker



A range of scared feelings



stronger
paralysed
panic-stricken

terrified

tormented

paranoid

stressed

shocked

frightened

dreading

scared

trapped

uncomfortable

worried

nervous

anxious

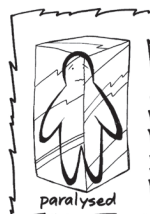
quivering

concerned

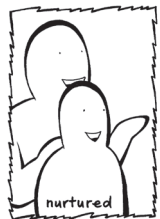
confused

bothered

weaker



A range of close feelings



stronger

open

purposeful

loved

confident

safe

satisfied

strong

close

touched

empowered

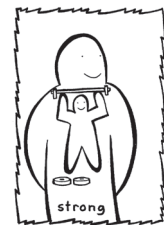
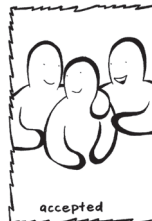
trusting

nurtured

accepted

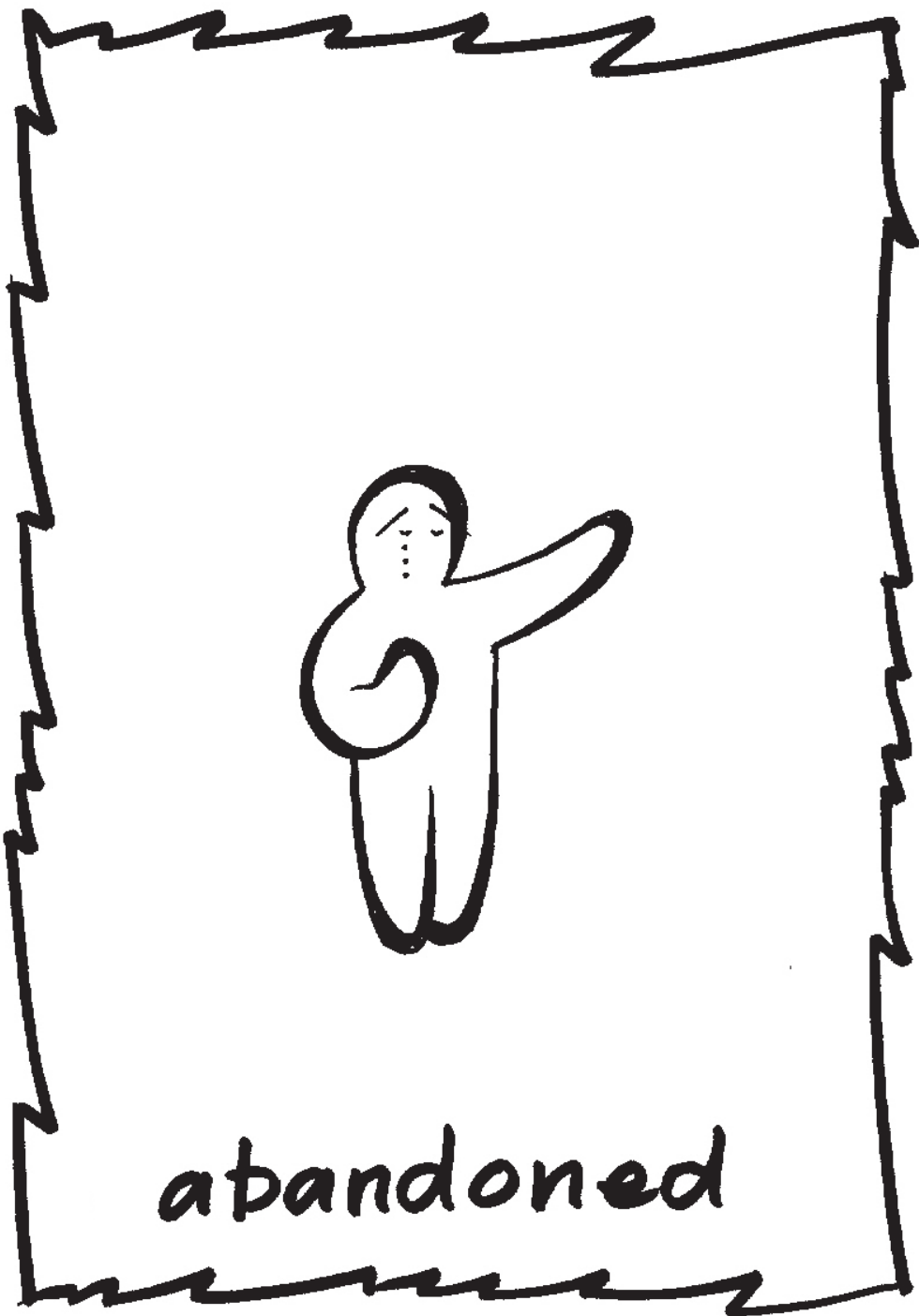
calm

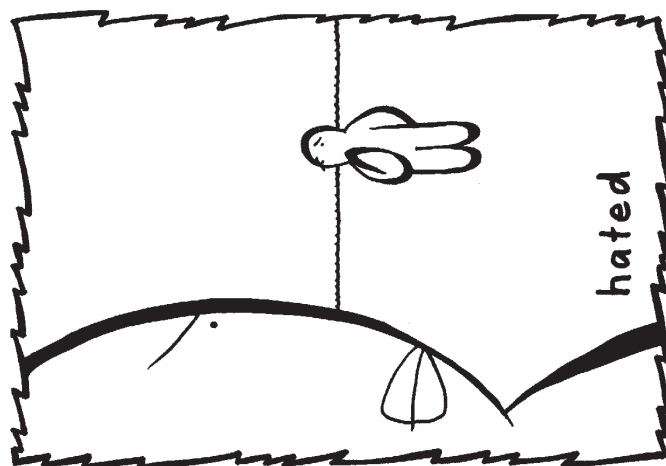
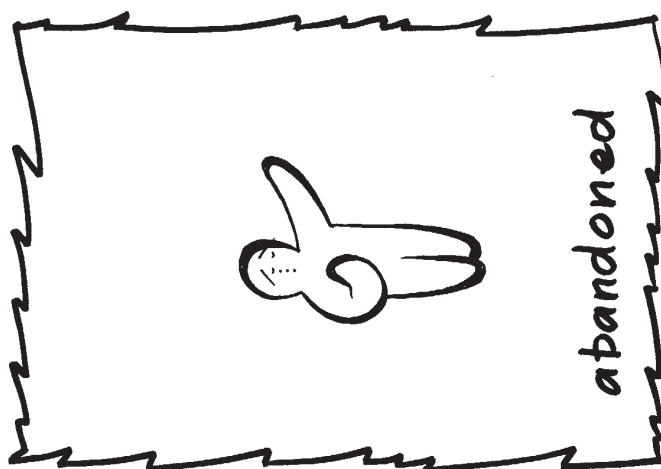
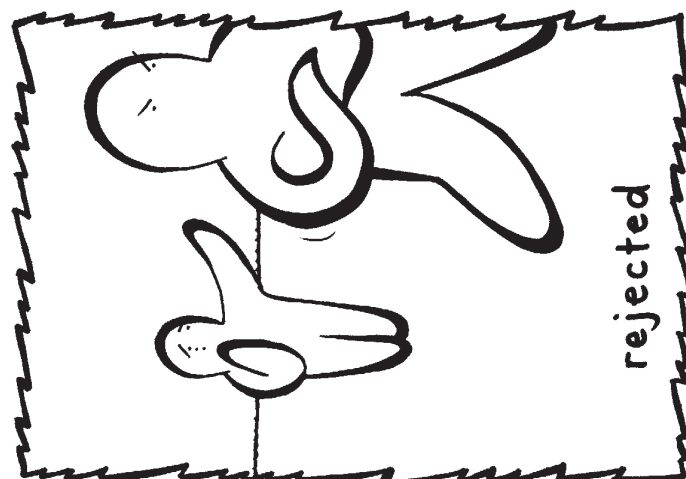
weaker



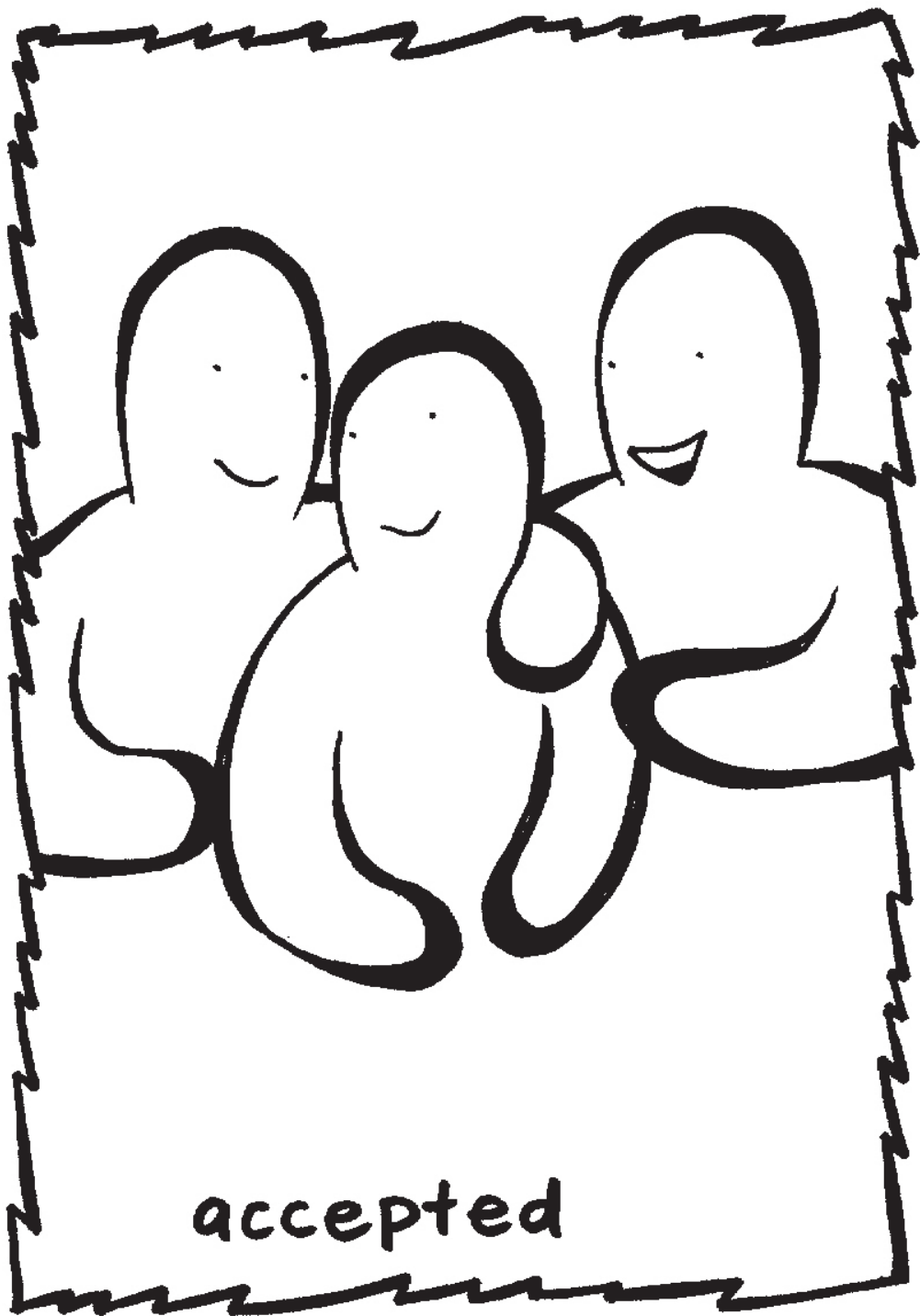
Individual feeling words

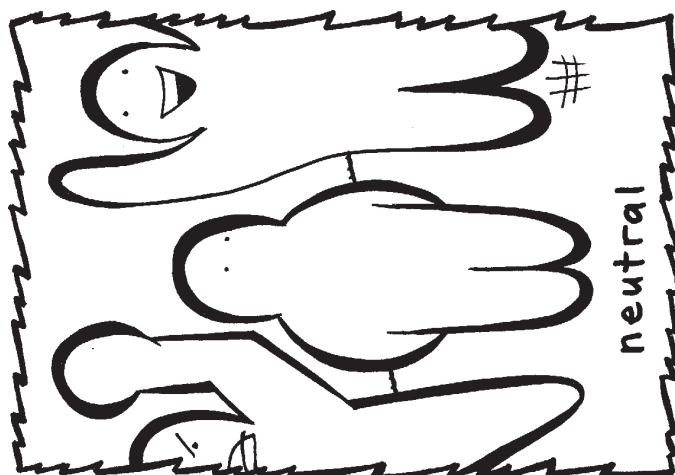
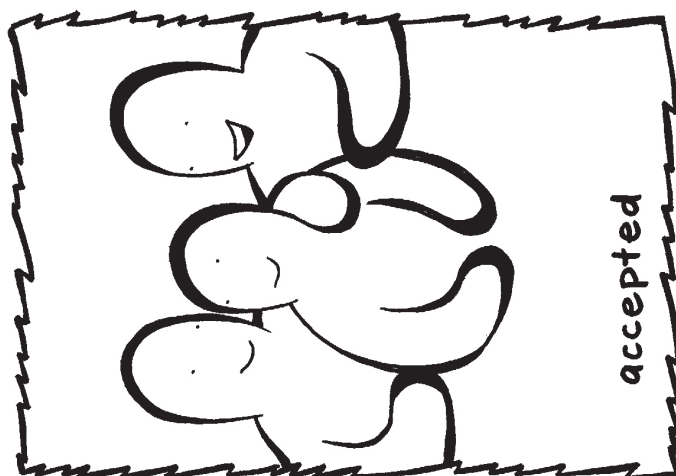
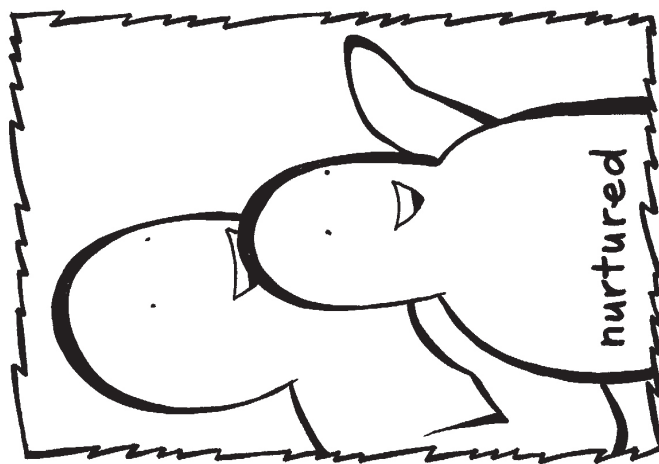




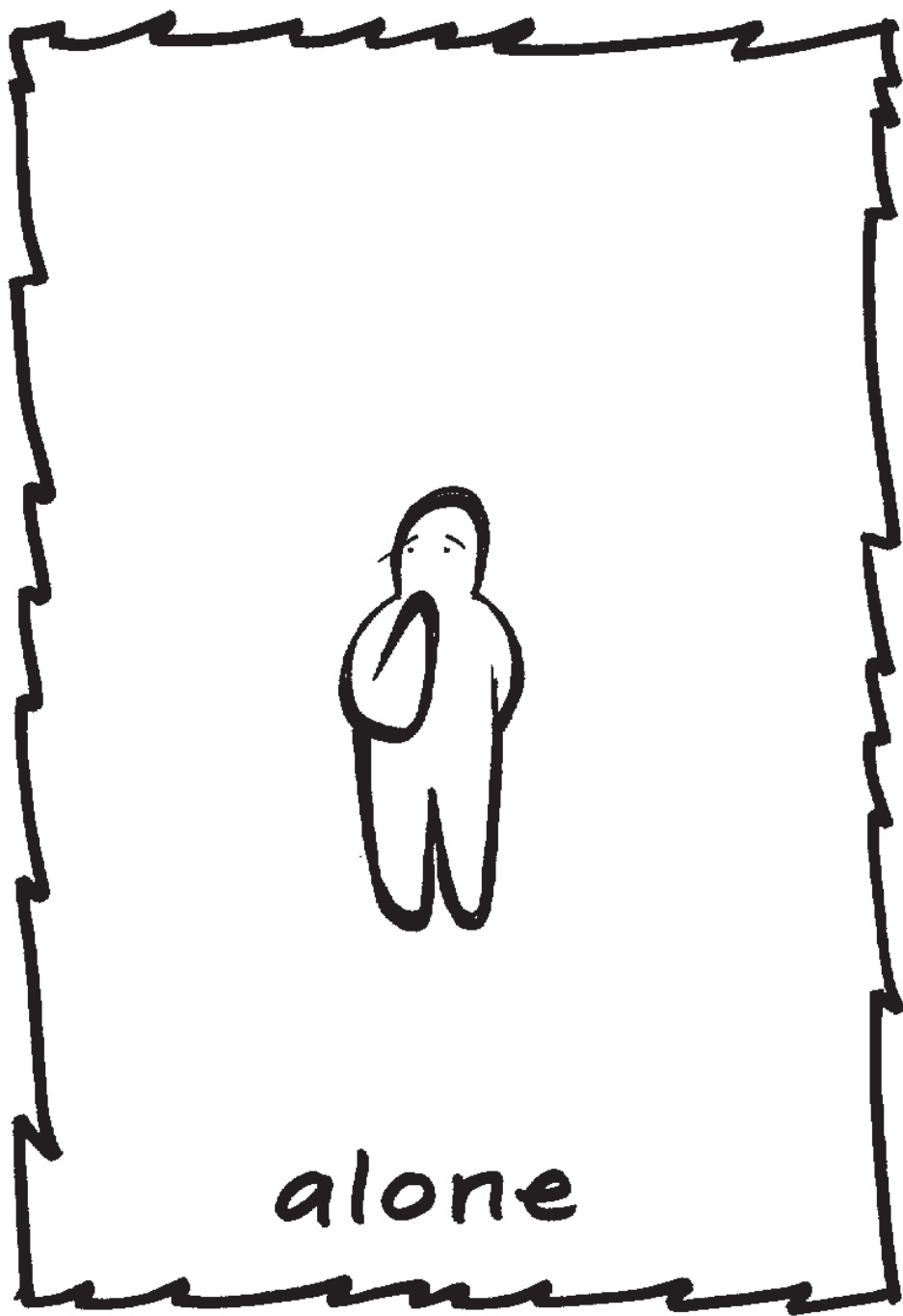


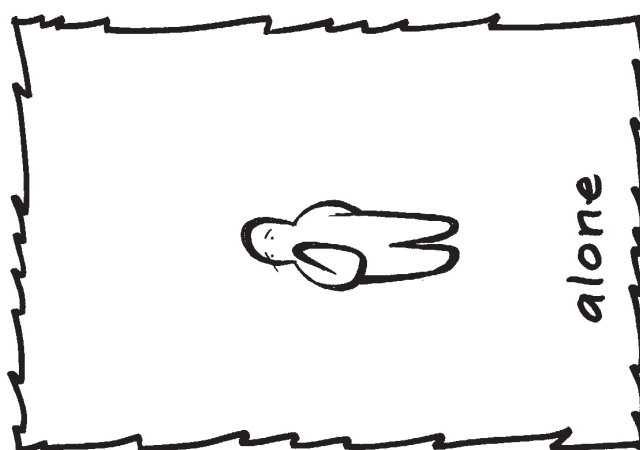
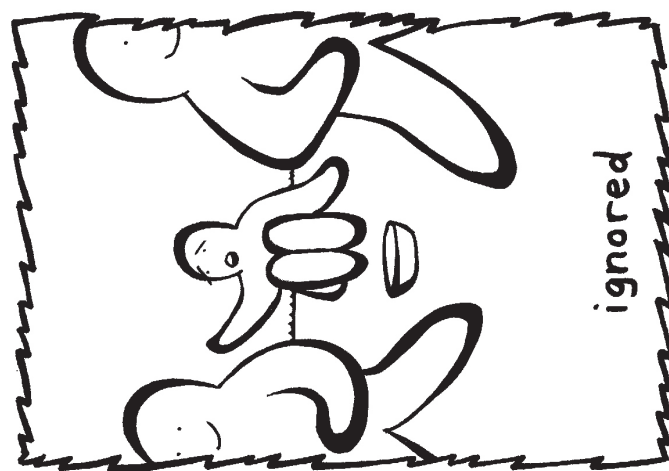
Charlie felt abandoned when all his family went shopping, leaving him to finish his work.



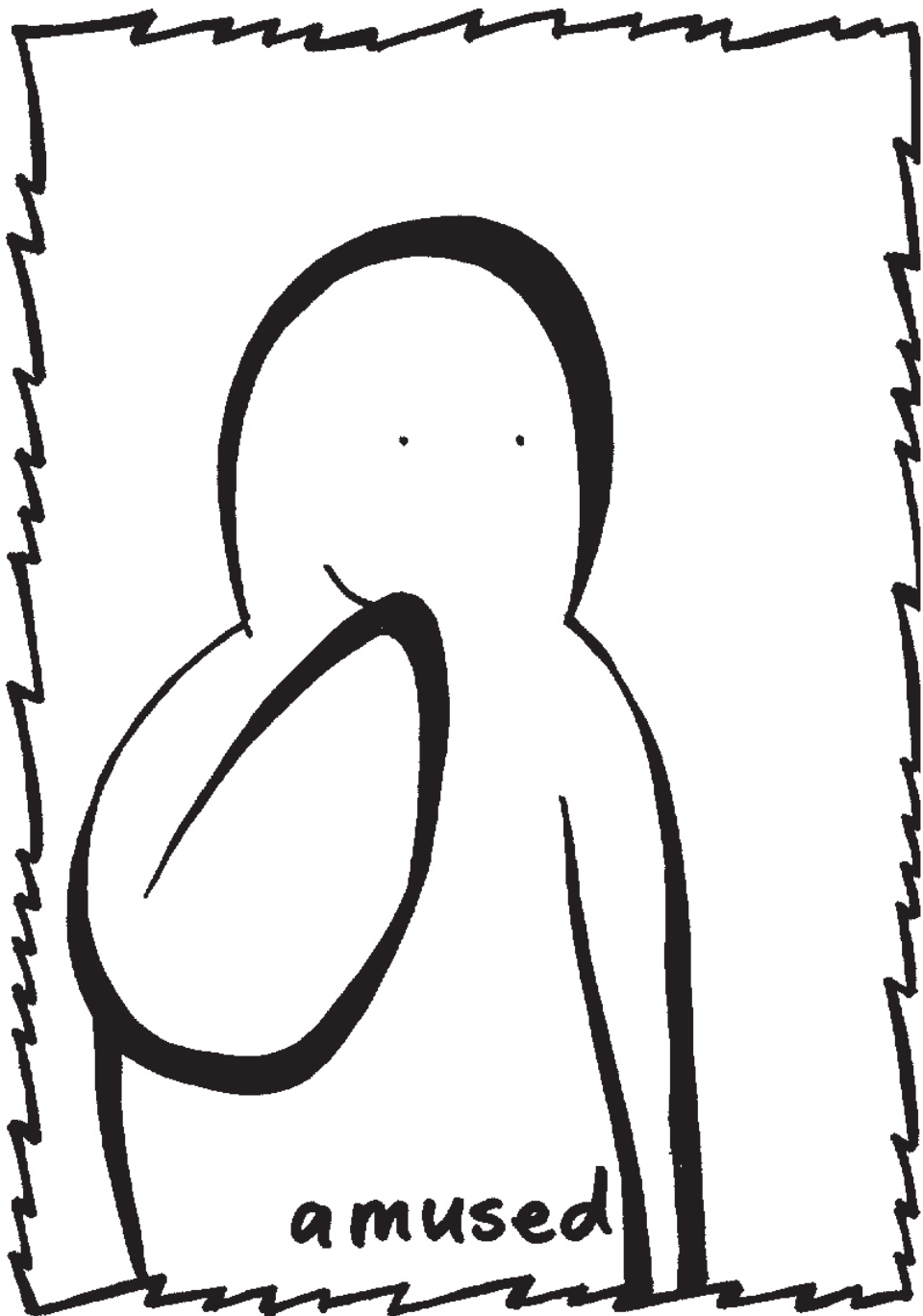


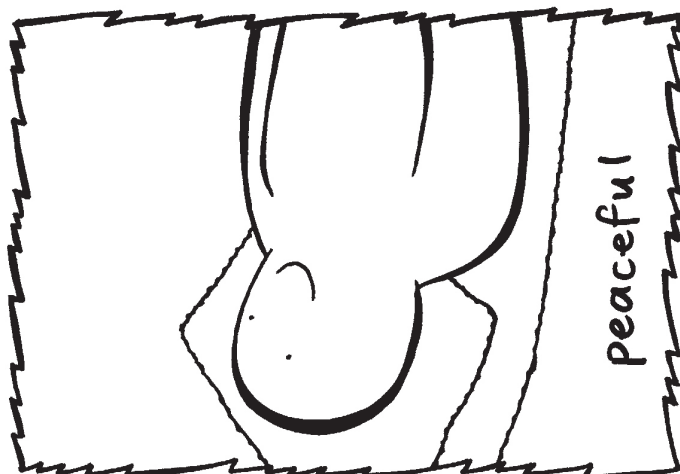
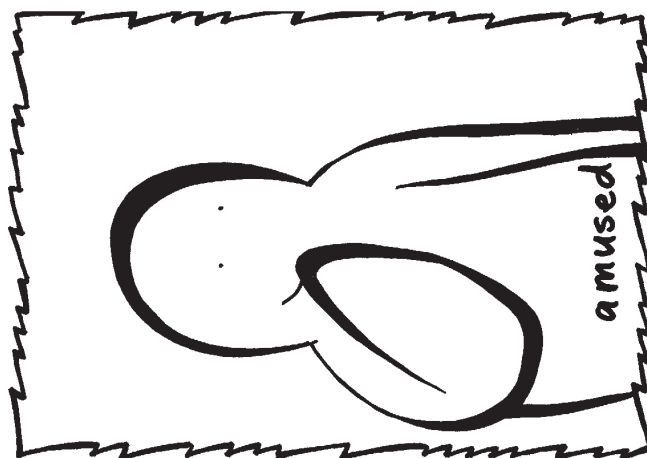
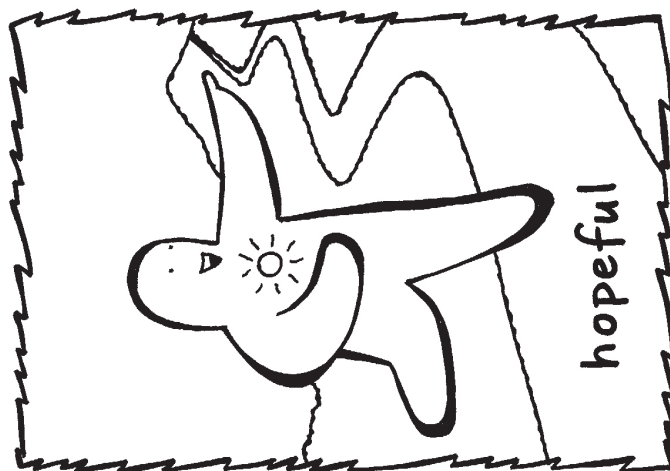
Lewis always felt accepted by his friends and family.



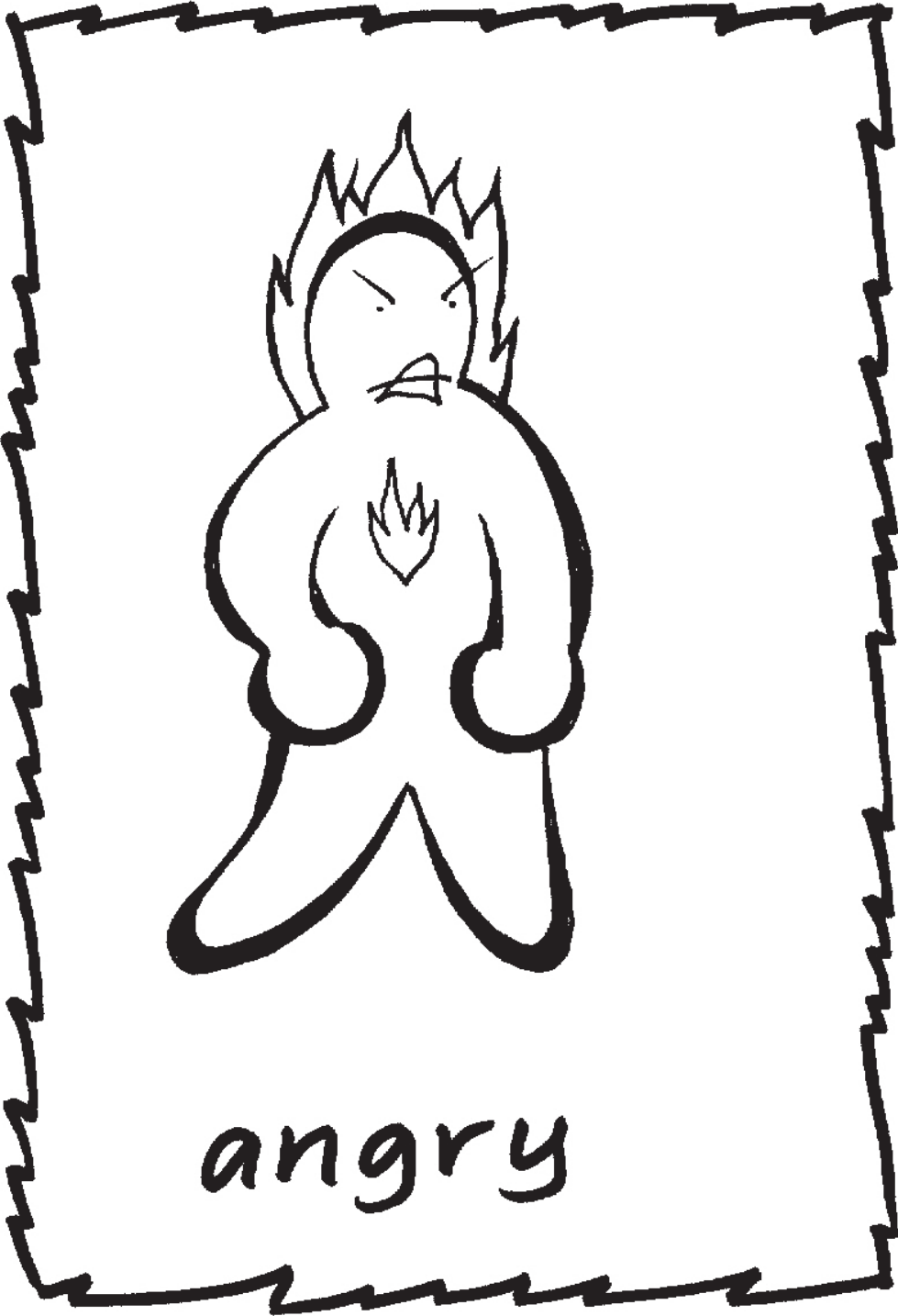


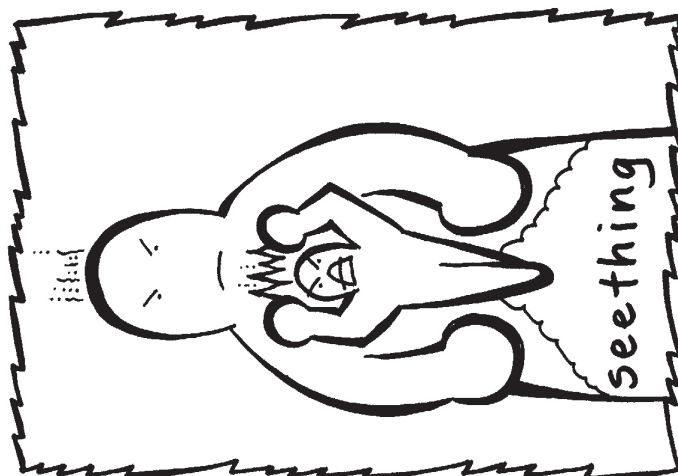
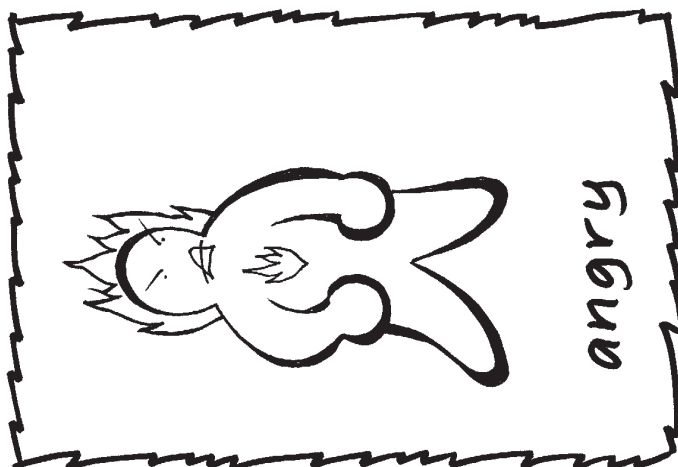
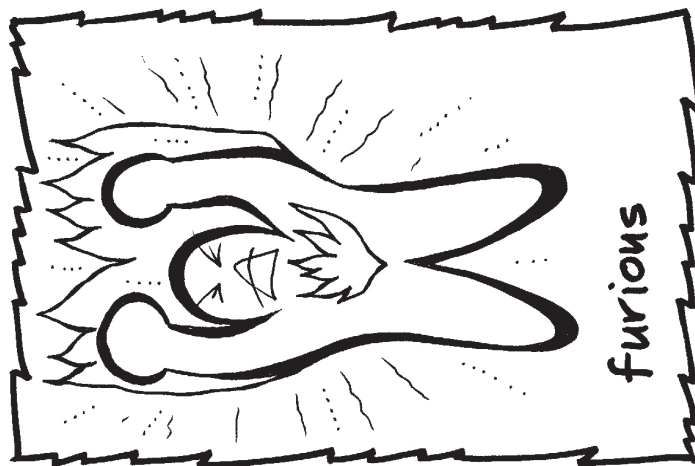
Jacqui felt alone when her best friend was off sick.



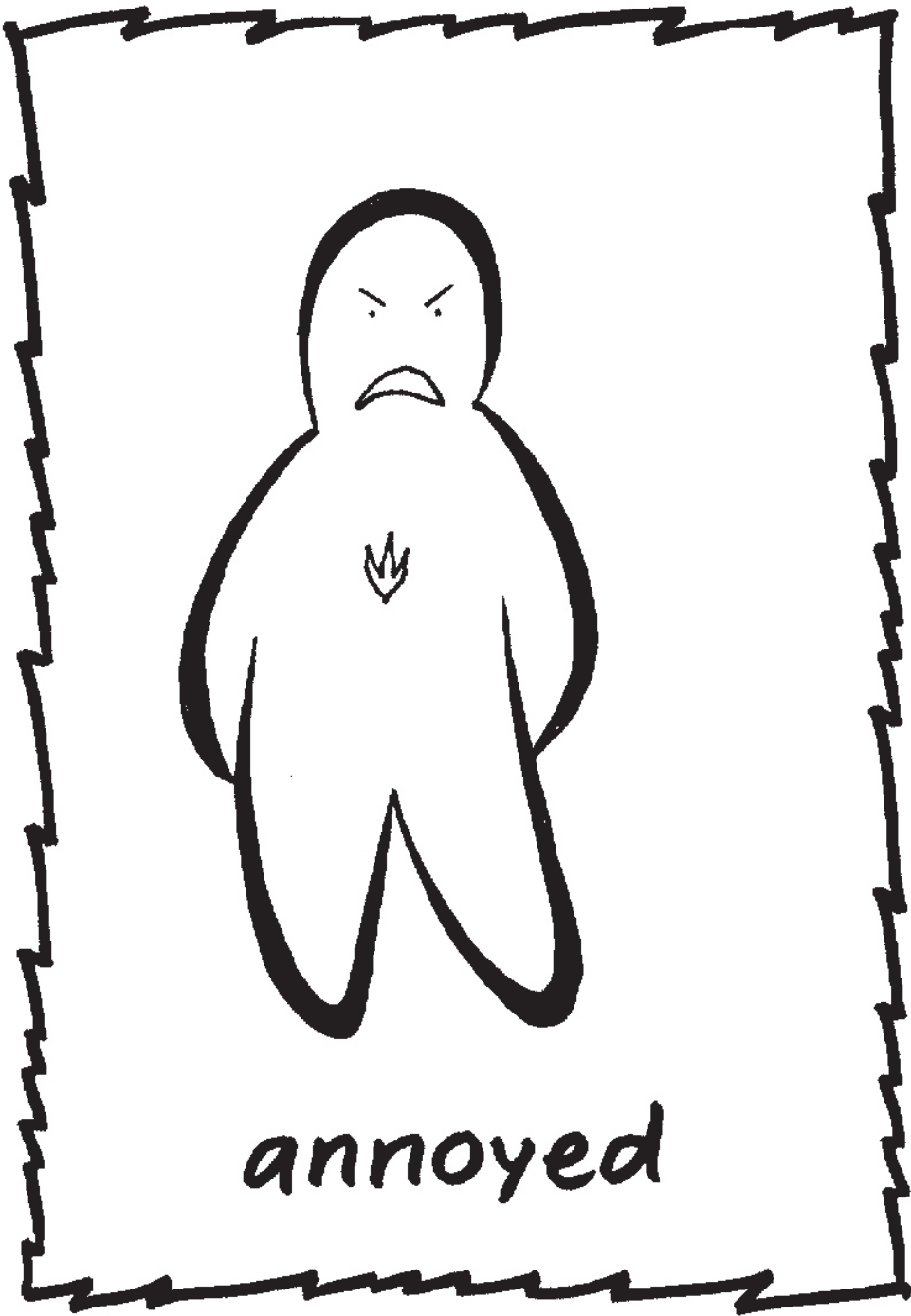


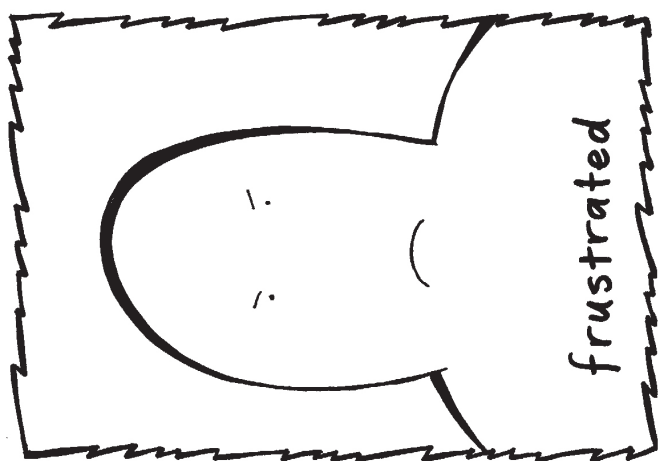
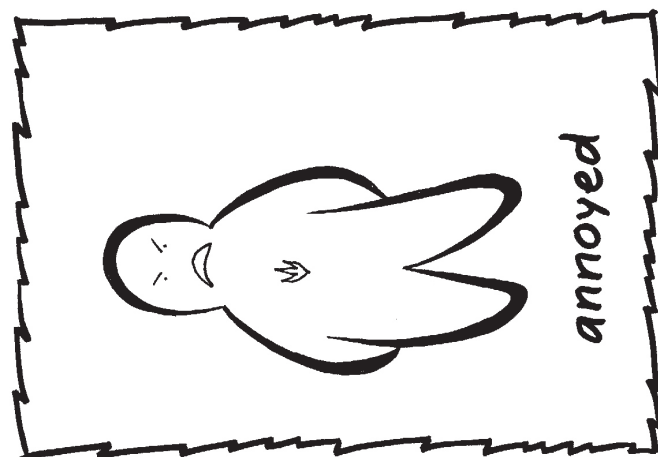
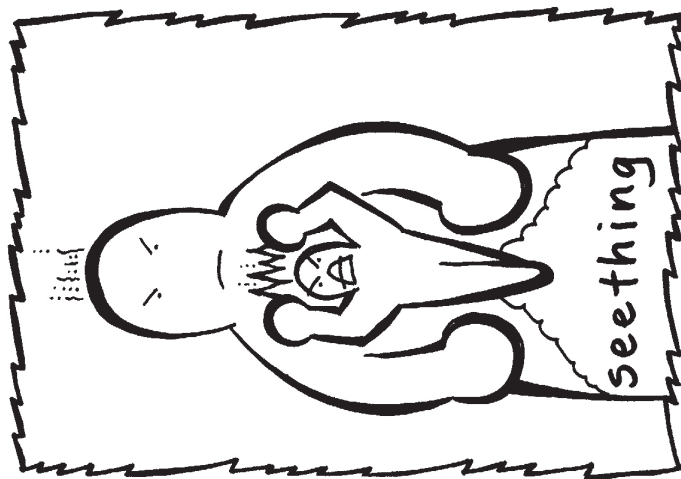
John was amused that his best friend had come to work with his jumper on inside-out!





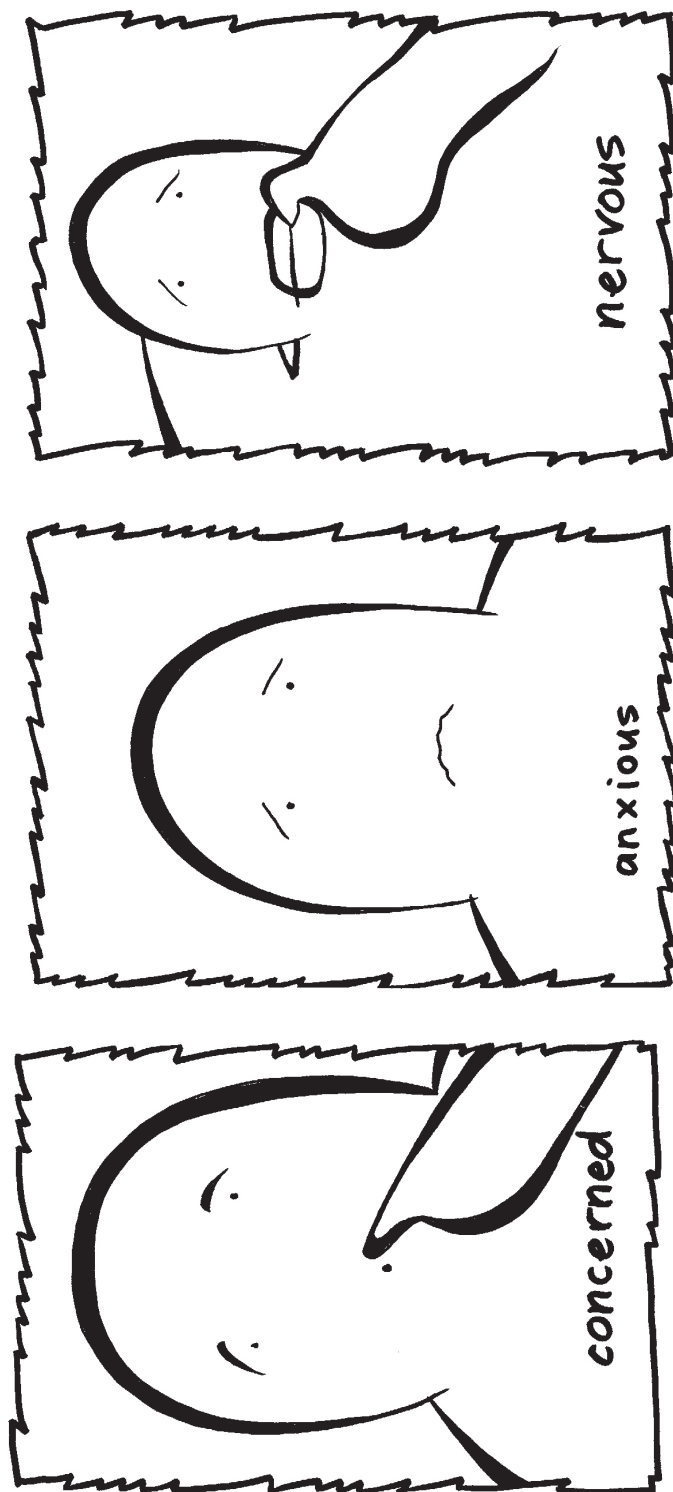
Toni was angry that the message of forgiveness and love was being ignored.



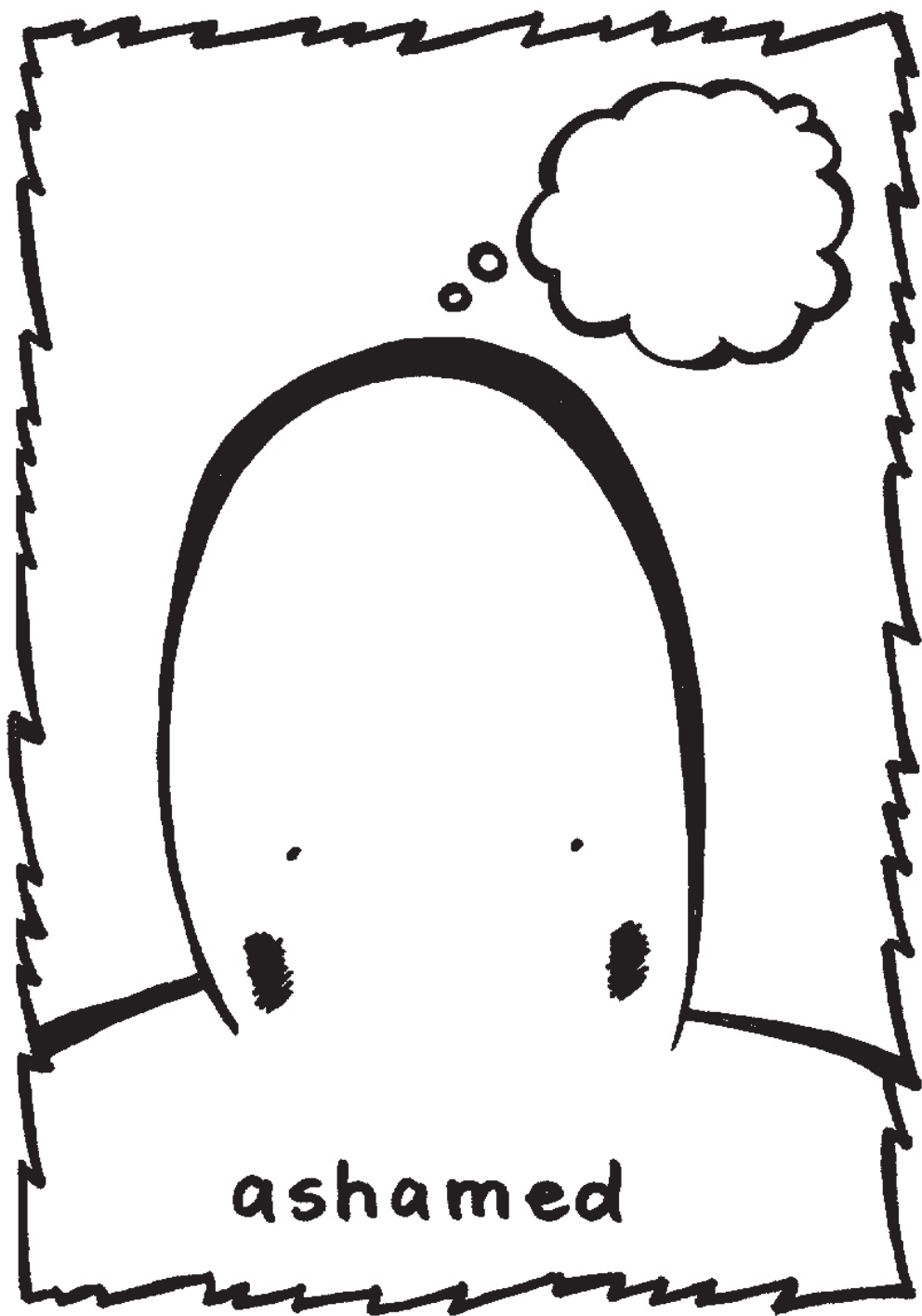


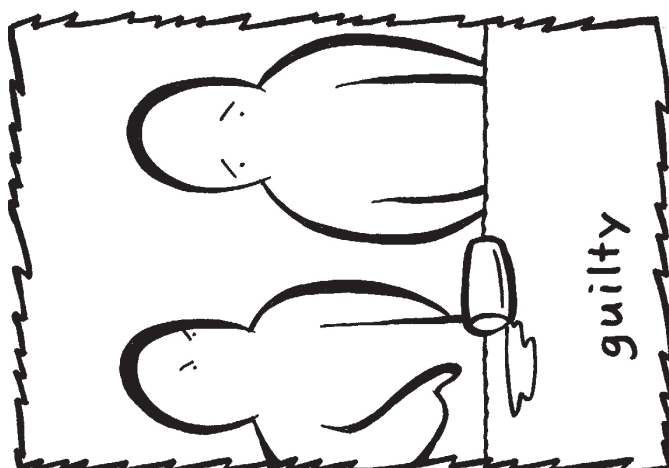
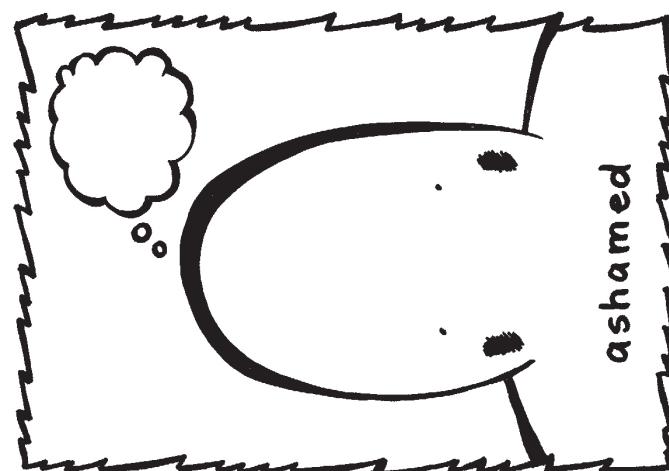
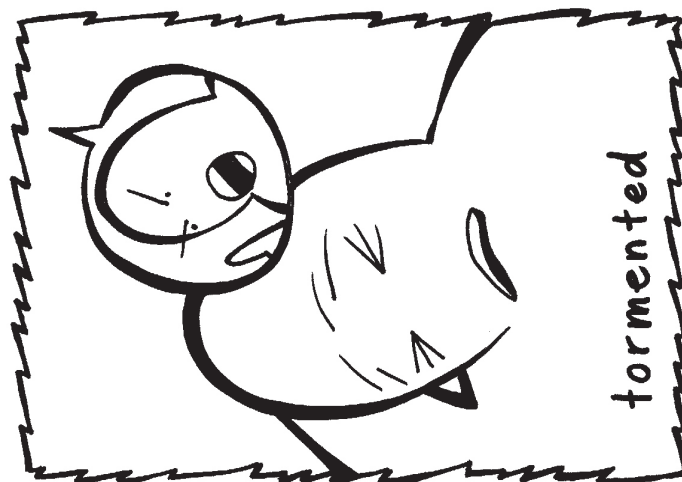
Wendy was annoyed by the constant barking of the dog in the middle of the night.



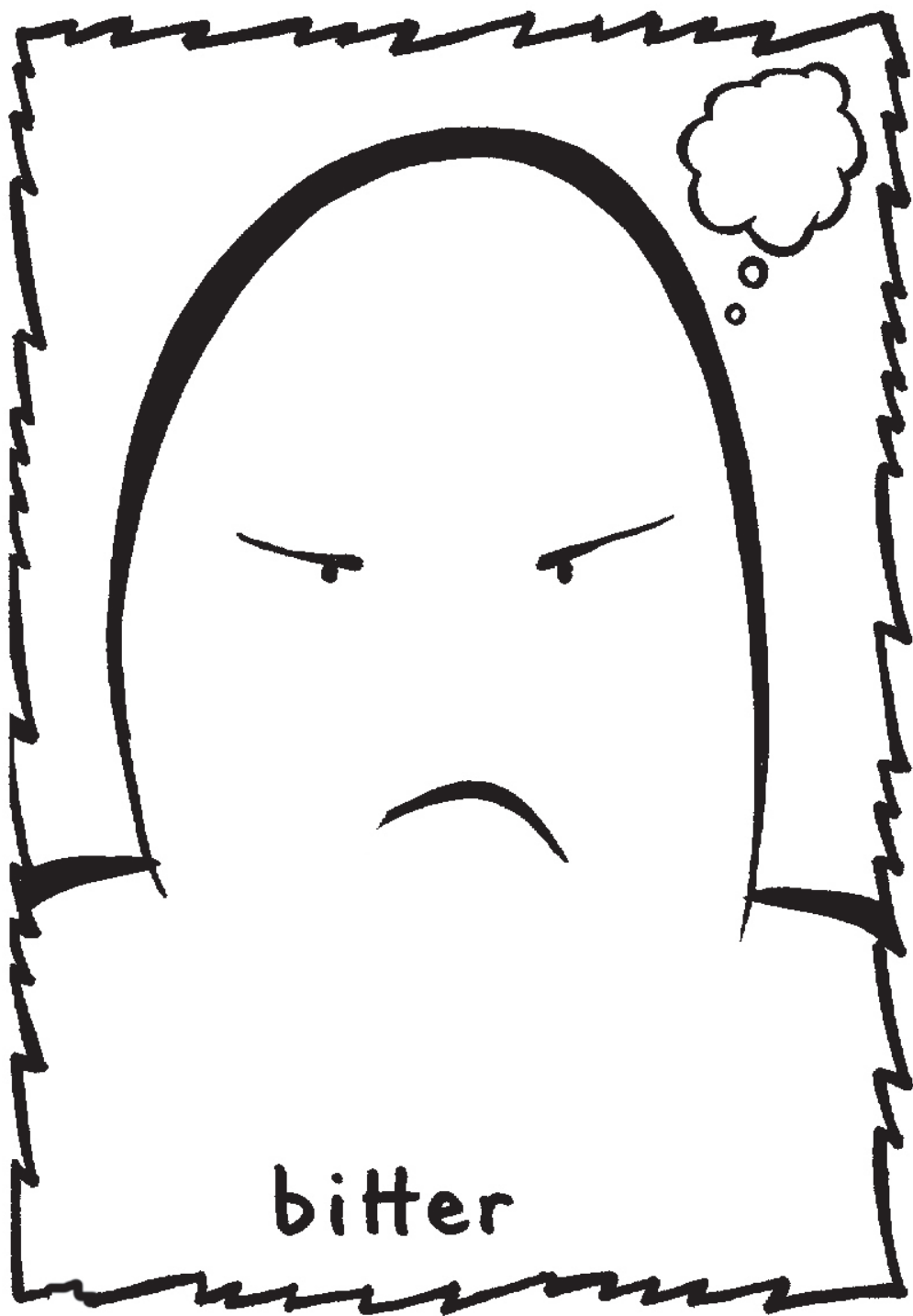


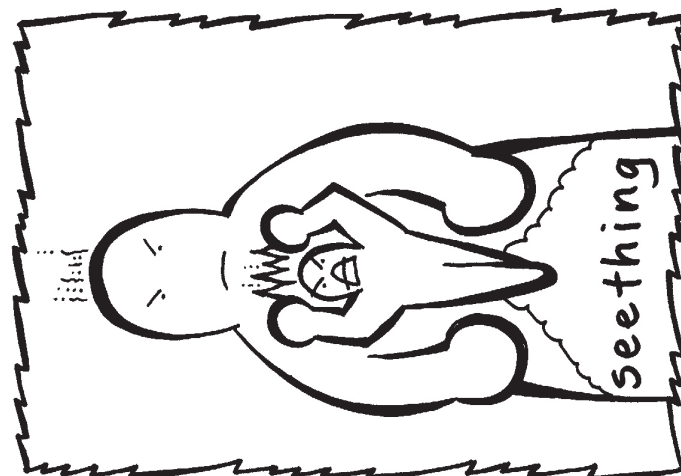
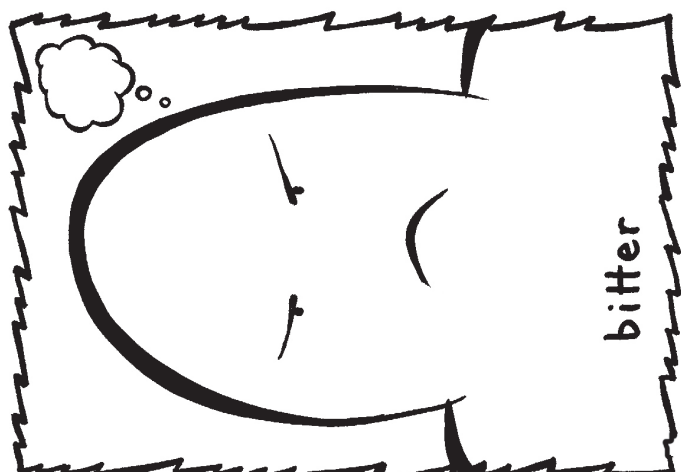
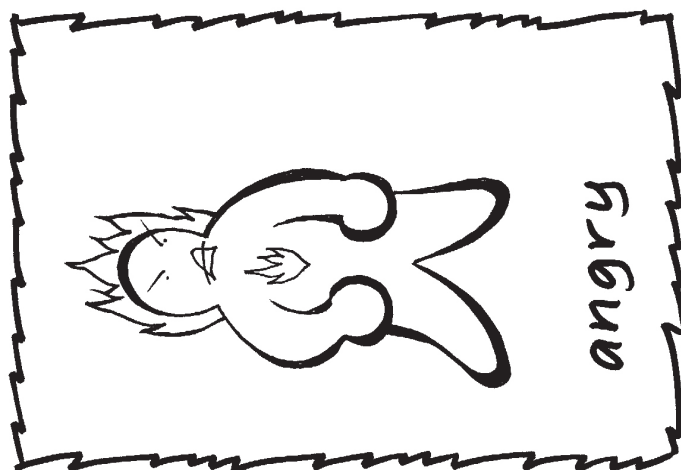
Patrycja was anxious as the hours ticked by and there was no sign of her friend.





Rob felt ashamed by what he had said and couldn't stop thinking about the incident.





Fern was bitter that after six years of marriage, he didn't appreciate her more.

