

A List of Emotions

Go beyond the obvious to identify exactly what you're feeling.

Angry	Sad	Anxious	Hurt	Embarrassed	Happy
Grumpy	Disappointed	Afraid	Jealous	Isolated	Thankful
Frustrated	Mournful	Stressed	Betrayed	Self-conscious	Trusting
Annoyed	Regretful	Vulnerable	Isolated	Lonely	Comfortable
Defensive	Depressed	Confused	Shocked	Inferior	Content
Spiteful	Paralyzed	Bewildered	Deprived	Guilty	Excited
Impatient	Pessimistic	Skeptical	Victimized	Ashamed	Relaxed
Disgusted	Tearful	Worried	Aggrieved	Repugnant	Relieved
Offended	Dismayed	Cautious	Tormented	Pathetic	Elated
Irritated	Disillusioned	Nervous	Abandoned	Confused	Confident

Feeling Words

Love	Open	Happy	Alive	Good	Interested	Positive	Strong
Loving	Understanding	Joyous	Playful	Calm	Concerned	Eager	Sure
Considerate	Confident	Fortunate	Courageous	Peaceful	Affected	Intent	Certain
Affectionate	Reliable	Delighted	Energetic	At Ease	Fascinated	Anxious	Unique
Sensitive	Easy	Overjoyed	Liberated	Comfortable	Intrigued	Inspired	Dynamic
Tender	Amazed	Gleeful	Optimistic	Pleased	Absorbed	Determined	Tenacious
Devoted	Free	Thankful	Provocative	Encouraged	Inquisitive	Excited	Hardy
Attracted	Sympathetic	Important	Impulsive	Clever	Nosy	Enthusiastic	Secure
Passionate	Interested	Festive	Giddy	Surprised	Snoopy	Bold	Empowered
Admiration	Satisfied	Ecstatic	Animated	Content	Engrossed	Brave	Ambitious
Warm	Receptive	Satisfied	Spirited	Quiet	Intense	Daring	Powerful
Touched	Accepting	Glad	Thrilled	Relaxed	Curious	Challenged	Confident
Sympathy	Kind	Cheerful	Wonderful	Serene	Friendly	Optimistic	Bold
Close	Amiable	Sunny	Generous	Free and Easy	Caring	Re-enforced	Determined
Loved	Appreciative	Elated	Goofy	Bright		Confident	
Comforted		Jubilant		Blessed		Hopeful	
				Reassured			
Angry	Depressed	Confused	Helpless	Indifferent	Afraid	Hurt	Sad
Irritated	Lousy	Upset	Incapable	Insensitive	Fearful	Crushed	Tearful
Enraged	Disappointed	Doubtful	Alone	Dull	Terrified	Tormented	Sorrowful
Hostile	Discouraged	Uncertain	Paralyzed	Nonchalant	Suspicious	Deprived	Pained
Sore	Ashamed	Indecisive	Fatigued	Neutral	Alarmed	Tortured	Grieved
Annoyed	Powerless	Perplexed	Useless	Reserved	Panic	Dejected	Desolate
Upset	Diminished	Embarrassed	Inferior	Weary	Nervous	Rejected	Desperate
Bitter	Guilty	Hesitant	Vulnerable	Bored	Scared	Injured	Unhappy
Aggressive	Dissatisfied	Shy	Empty	Preoccupied	Worried	Offended	Lonely
Resentful	Miserable	Disillusioned	Forced	Cold	Frightened	Afflicted	Mournful
Inflamed	Disgusted	Unbelieving	Hesitant	Disinterested	Timid	Aching	Dismayed
Provoked	Terrible	Skeptical	Despair	Lifeless	Shaky	Victimized	Hurt
Infringed	In Despair	Distrustful	Frustrated	Numb	Restless	Heartbroken	Weary
Cross	Sulky	Lost	Distressed	Out of It	Doubtful	Appalled	Broken
Worked Up	Sense of Loss	Unsure	Woeful	Tired	Threatened	Humiliated	
Boiling	Flat	Pessimistic	In a Stew	Stuck	Quaking	Wronged	
Fuming		Tense	Dominated		Wary	Alienated	