

LIST OF EMOTIONS



Happy

Accepted
Adored
Appreciated
Cheerful
Confident
Content
Courageous
Creative
Curious
Ecstatic
Grateful
Glad
Hopeful
Inspired
Interested
Intimate
Joyful
Loving
Optimistic
Pleased
Peaceful
Playful
Successful
Thankful
Trusting
Valued
Uplifted
Warm



Sad

Abandoned
Alone
Ashamed
Burdened
Depressed
Despair
Disappointed
Discouraged
Empty
Fragile
Grieving
Gloomy
Guilty
Heartbroken
Hopeless
Inferior
Isolated
Let down
Lonely
Neglected
Pessimistic
Powerless
Remorseful
Resentful
Solemn
Threatened
Victimised
Vulnerable



Angry

Aggressive
Betrayed
Bitter
Critical
Defensive
Dismissive
Disrespected
Distant
Frustrated
Furious
Hostile
Indignant
Infuriated
Jaded
Jealous
Let down
Numb
Outraged
Provoked
Rebellious
Resentful
Resistant
Ridiculed
Sceptical
Scorned
Spiteful
Violated
Withdrawn



Bad

Apathetic
Bored
Busy
Indifferent
Out of control
Overwhelmed
Pressured
Rushed
Sleepy
Stressed
Tired
Unfocussed



Disgusted

Appalled
Awful
Detestable
Disappointed
Disapproving
Embarrassed
Exposed
Hesitant
Horrorified
Inferior
Judgmental
Nauseated
Repelled
Revolted
Shame
Ugly
Unaccepted



Afraid

Alarmed
Anxious
Cautious
Excluded
Exposed
Frightened
Haunted
Helpless
Inadequate
Inferior
Insecure
Insignificant
Lost
Nervous
Persecuted
Puzzled
Rejected
Reserved
Scared
Threatened
Weak
Worried
Worthless



Surprised

Amazed
Astonished
Awe
Confused
Disillusioned
Dismayed
Eager
Energetic
Excited
Perplexed
Shocked
Startled