

Emotion Vocabulary Assessment Scoring Guide

Definitions below are based on: Merriam-Webster dictionary for adults, Merriam-Webster dictionary for children, Oxford American Dictionary, and Google Dictionary.

Synonyms are taken from a variety of sources. These definitions are only to serve as a rough guide in your scoring.

Angry. Definition: strong feeling of being upset, annoyed, displeased, or hostile.
Synonyms: irate, mad, annoyed, cross, vexed, irritated, indignant, irked, furious, enraged, infuriated, in a temper, displeasure, fury, aggravated, livid; ticked off, pissed off; losing one's temper.

Upset. Definition: unhappy, worried; disappointed. Synonyms: distress, trouble, unsettled, worried, bothered, agitated, hurt, sadden, grieve, perturbed, disquieted.

Excited. Definition: eager enthusiasm and interest. Synonyms: thrilled, exhilarated, animated, enlivened, electrified.

Happy. Definition: pleasure and enjoyment because of life, situation, etc.; contentment.
Synonyms: cheerful, cheery, merry, joyful, jovial, jolly, jocular, gleeful, delighted, untroubled, smiling, beaming, grinning, in good spirits, in a good mood, lighthearted, pleased, content, satisfied, gratified, sunny, joyous.

***Satisfied.** Definition: pleased or content with what has been experienced or received.
Synonyms: pleased, happy, content, proud, triumphant, smug, fulfilled, gratified, blissful, glad, joyful, thankful, delighted, cheerful, hopeful, merry, optimistic.

***Gloomy.** Definition: low in spirits; lacking in promise or hopefulness. Synonyms: melancholy, pessimistic, depressing, cold, dismal, forlorn, godforsaken, lonely, miserable,

murky, somber, bleak, cheerless, cloudy, dark, dire, dreary, grey, lonesome, morbid, morose, solemn, sullen, sunless.

Sad. Definition: grief or unhappiness; sorrow. Synonyms: unhappy, sorrowful, dejected, depressed, downcast, miserable, down, blue, down in the dumps, blah.

Scared. Definition: afraid of something; nervous, frightened, fearful. Synonyms: afraid, startled, nervous, fearful, panicky, alarmed, intimidated, terrified, petrified, terrorized, spooked.

***Joyful.** Definition: feeling great pleasure, satisfaction, or delight. Synonyms: thankful, happy, glad, joyous, delighted, pleased, satisfied, blissful, cheerful, gratified, ecstatic, thrilled, hopeful, merry, jolly, jubilant, optimistic, laughing, rejoicing, elated, beaming, bright.

***Fearful.** Definition: feeling afraid or apprehensive. Synonyms: anxious, terrified, scared, worried, panicked, frightened, dreadful, alarmed, horrified, startled, shocked, dreadful, frightful, concerned, alarmed, threatening, troubled, disturbed, distressed.

Relaxed. Definition: calm and free from stress, worry, or anxiety; free from tension and anxiety; at ease. Synonyms: comfy, cozy, relaxed, content, satisfied, peaceful, resting, easygoing, undisturbed.

***Anxious.** Definition: feeling or showing uncomfortable feelings of uncertainty. Synonyms: worried, upset, apprehensive, nervous, uneasy, troubled, concerned, hesitant, tense, perturbed, uptight, bothered, disturbed, jittery, jumpy, flustered, insecure, antsy, queasy, distraught, preoccupied, restless, distressed.

***Tender.** Definition: showing gentleness and concern or sympathy. Synonyms: gentle, soft, soothing, mellow, mild, delicate, light, smooth, quiet, serene, calm, compassionate, peaceful, easy, tranquil, softening.

*Definitions added by Fahim Ahmed 10/17/24

(Definitions of angry, upset, excited, happy, sad, scared, and relaxed are from Nook et al., 2017)