

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.

Annoyed. Definition: slightly angry; irritated. Synonyms: irritated, vexed, angry, exasperated, irked, get on someone's nerves, ruffle someone's feathers...

Amazed. Definition: surprised greatly; confused; filled with wonder; filled with astonishment. Synonyms: astonished, astounded, surprised, stun, stagger, shock, stupefy, awe, stop someone in their tracks, leave open-mouthed, leave aghast, take someone's breath away...

Bored. Definition: weary or restless because one is unoccupied or lacks interest in one's current activity. Synonyms: disinterested, dull, sick and tired, fatigued, blasé, spiritless, tired, inattentive, turned off.

Calm. Definition: in a quiet and peaceful state or condition; not feeling or showing nervousness, anger or other emotions. Synonyms: serene, tranquil, relaxed, unruffled, unperturbed, unflustered, untroubled...

Disappointed. Definition: sad, unhappy, or displeased because someone or something has failed to fulfill one's hopes or expectations. Synonyms: upset, saddened, let down, cast down, disheartened, downhearted, downcast, depressed, dispirited, discouraged, despondent,

dismayed, distressed.

Disgusted. Definition: a strong feeling of dislike for something that has a very unpleasant appearance, taste, smell, etc.; annoyance and anger that you feel toward some behavior that is not good, fair, appropriate; revulsion or profound disapproval. Synonyms: revolt, repel, repulse, sicken, nauseate, turn someone's stomach.

Embarrassed. Definition: confused and foolish in front of other people; self-consciousness, shame, or awkwardness. Synonyms: mortified, red-faced, blushing, abashed, shamed, ashamed, humiliated, awkward, self-conscious, uncomfortable...

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

Grumpy. Definition: easily annoyed or angered; having a bad temper or complaining often; sulky. Synonyms: crabby, ill-tempered, short-tempered, crotchety, testy, irritable, prickly, grouchy, snappy, cranky, irritable.

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.

Hate. Definition: intense or passionate dislike (for someone); have a strong aversion to (something). Synonyms: loathe, detest, despise, dislike, abhor, repelled by...

Jealous. Definition: intolerant of rivalry or unfaithfulness; envy of someone or their achievements and advantages. Synonyms: envious, covetous, desirous.

Lonely. Definition: sad from being apart from other people; sad because one has no friends or company; solitary. Synonyms: isolated, alone, lonesome, friendless, with no one to

turn to, abandoned, rejected, unloved, unwanted, outcast, gloomy, sad, depressed, desolate, forsaken.

Love. Definition: strong or constant affection for a person; feel a deep romantic or sexual attachment to someone. Synonyms: deep affection, fondness, tenderness, warmth, intimacy, attachment, endearment, care very much for, hold very dear, adore, think the world of, be devoted to, dote on, worship.

Nervous. Definition: worried and afraid about what might happen; easily agitated or alarmed; tending to be anxious; highly strung. Synonyms: high-strung, anxious, edgy, tense, excitable, jumpy, skittish, brittle, neurotic.

Pleased. Definition: happy or satisfied. Synonyms: happy, glad, delighted, grateful, thankful, content, satisfied.

Proud. Definition: deep pleasure, satisfaction, or happiness as a result of one's own achievements, qualities, or possessions or those of someone with whom one is closely associated; attitude or people who think that they are better or more important than others. Synonyms: pleased, glad, happy, delighted, joyful overjoyed, thrilled, satisfied, gratified, content.

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.

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

Safe. Definition: free from harm or risk; secure from threat of danger, harm, or loss. Synonyms: secure, protected, shielded, sheltered, guarded, out of harm's way.

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

Sorry. Definition: sorrow or regret; distress, especially through sympathy with someone else's misfortune. Synonyms: sad, unhappy, sorrowful, distressed, upset, downcast, downhearted, despondent.

Surprised. Definition: feelings caused by something that is unexpected or unusual. Synonyms: amaze, astonish, astound, dumbfounded, shocked, startled.

Thankful. Definition: glad that something has happened or not happened, that something or someone exists, etc. pleased and relieved; gratitude. Synonyms: grateful, appreciative, filled with gratitude, relieved.

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

Worried. Definition: fear or concern because you think that something bad has happened or could happen; anxious, upset, or troubled about actual or potential problems. Synonyms: anxious, perturbed, troubles, bothered, concerned, upset, distressed, uneasy, agitated, nervous, edgy, tense, keyed up, jumpy, stressed, strung out.