

Emotions - Feelings Word Vocabulary

Emotion

Intensity	Happy	Sad	Angry	Scared	Confused	
Strong	ecstatic elated energized enthusiastic excited exuberant jubilant loved marvelous terrific thrilled uplifted	crushed defeated dejected depressed devastated disgraced drained exhausted helpless hopeless hurt rejected terrible unloved unwanted discarded	sorrowful uncared for worthless wounded burdened condemned demoralized deserted distraught empty grievous humbled repulsed miserable mournful pitiful	abused betrayed enraged furious hostile humiliated incensed outraged pissed off rebellious repulsed seething strangled vengeful	exploited fuming mad patronized repulsed spiteful throttled used vindictive	afraid appalled desperate dread fearful frantic horrified intimidated overwhelmed panicky petrified shocked terrified tormented vulnerable
Mild	admired alive amused appreciated assured cheerful confident delighted determined encouraged fulfilled grateful gratified joyful justified optimistic proud relieved resolved respected valued	ashamed despised disappointed discouraged disheartened disillusioned dismal distant distressed inadequate isolated lonely neglected slighted unappreciated upset	abandoned alienated degraded deprived disturbed drained islanded resigned slighted wasted	agitated annoyed controlled disgusted exasperated frustrated harassed infantilized irritated offended peeved resentful ridiculed smothered stifled	aggravated anguished cheated coerced deceived dominated provoked	alarmed apprehensive axed defensive guarded insecure shaken skeptical startled stunned suspicious tense threatened uneasy
weak	content flattered fortunate glad good hopeful peaceful pleased relaxed satisfied	apathetic bad deflated disenchanted lost sorry	dismayed displeased tolerant uptight	anxious concerned doubtful impatient nervous perplexed reluctant shy timid unsure	bothered distracted surprised uncertain uncomfortable undecided unsettled unsure	

The Six Families of Emotions

Happy	Depressed	Surprised	Anxious	Angry	Creative
Content	Sad	Shocked	Fearful	Enraged	Imaginative
Ecstatic	Suicidal	Dumbfounded	Worried	Sarcastic	Resourceful
Joyous	Melancholy	Startled	Concerned	Annoyed	Artistic
Pleased	Grieving	Astonished	Nervous	Furious	Inspired
Cheerful	Gloomy	Amazed	Uneasy	Irritated	Innovative
Blissful	Miserable	Stunned	Restless	Irate	Ingenious
Exultant	Heartbroken	Flabbergasted	Fretful	Livid	Inquisitive
Delighted	Distressed	Astounded	Frightened	Incensed	Playful
Jovial	Apathetic	Taken Aback	Panicky	Cross	Pioneering