

# The Ultimate List Of Emotions

## AFRAID

Agitated  
Alarmed  
Antsy  
Anxious  
Apprehensive  
Cautious  
Concerned  
Cowardly  
Distressed  
Dread  
Edgy  
Fearful  
Foreboding  
Frazzled  
Fretful  
Frightened  
Guarded  
Hesitant  
Horrificed  
Hysterical  
Jumpy  
Nervous  
Panic  
Paralyzed  
Paranoid  
Petrified  
Restless

Scared

Shaken

Skeptical

Startled

Stressed

Tense

Terrified

Timid

Trepidation

Twitchy

Uptight

Vigilant

Wary

Worried

## ANGRY

Aggravated

Animosity

Annoyed

Antagonistic

Antipathy

Bitter

Bothered

Burning

Choleric

Cold

Consternation

Contempt

Cross

Disgruntled

Enmity

Exasperated

Frustrated

Furious

Grouchy

Harassed

Hostile

Ill-tempered

Impatient

Indignant

Irritated

Irate

Irascible

Mad

Miffed

Moody

Nasty

Offended

Outraged

Peevish

Perturbed

Pissed

Resentful

Petulant

Rage

Rattled

Resentment

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Sour  
Testy  
Tetchy  
Vexed  
Vindictive  
Wrathful  
**COURAGEOUS**  
Adventurous  
Audacious  
Bold  
Brave  
Capable  
Certain  
Cocky  
Confident  
Comfortable  
Daring  
Determined  
Fearless  
Free  
Grounded  
Gutsy  
Powerful  
Proud  
Resolute  
Strong  
Superior  
Tenacious

Tough  
Valiant  
Vehement  
Worthy  
**DISCONNECTED**  
Adrift  
Alienated  
Alone  
Aloof  
Bored  
Conflicted  
Consternated  
Cranky  
Denial  
Detached  
Disillusioned  
Disinterested  
Distant  
Distracted  
Empty  
Groggy  
Hollow  
Jaded  
Indifferent  
Isolated  
Lethargic  
Listless  
Lost

Neutral  
Numb  
Powerless  
Preoccupied  
Puzzled  
Reluctance  
Removed  
Resignation  
Resistant  
Sheepish  
Shut Down  
Sluggish  
Sullen  
Torn  
Uneasy  
Withdrawn  
**DISLIKE**  
Abhorrence  
Aversion  
Detest  
Disdain  
Disgust  
Envious  
Grudging  
Hate  
Repugnance  
Revolted  
Scorn

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## EMBARRASSED

Appalled  
Apologetic  
Ashamed  
Chagrined  
Compunction  
Contrite  
Flustered  
Foolish  
Guilty  
Humbled  
Humored  
Inferior  
Inhibited  
Mortified  
Pathetic  
Regretful  
Repentant  
Shame  
Self-conscious  
Sorry  
Submissive  
Useless  
Weak  
Worthless

## ENERGIZED

Alert  
Alive

Animated  
Aroused  
Bouncy  
Curious  
Fanatical  
Fascinated  
Feisty  
Fervor  
Gung-ho  
Gusto  
Hyper  
Intense  
Psyched  
Pumped  
Snappy  
Sprightly  
Thirst  
Titillated  
Vindicated  
Zeal  
Zest

## GRATEFUL

Blessed  
Fortunate  
Gratified  
Relish  
Savor  
Thankful

Touched  
**HELPLESS**  
Awkward  
Baffled  
Challenged  
Clueless  
Complacent  
Disturbed  
Exhausted  
Fatigued  
Fragile  
Impotent  
Incapable  
Needy  
Overwhelmed  
Pathetic  
Perplexed  
Powerless  
Resigned  
Sensitive  
Trapped  
Victim

## HOPEFUL

Anticipation  
Craving  
Desiring  
Eager  
Encouraged

# The Ultimate List Of Emotions

Expectant  
Hankering  
Optimistic  
Trusting

## Hurt

Agony  
Betrayed  
Humiliated  
Pained  
Stung  
Suffering  
Suffocated  
Tormented  
Tortured  
Traumatized

## INSECURE

Bashful  
Befuddled  
Bewildered  
Cynical  
Confused  
Doubtful  
Possessive

Shy

Woozy

## INTROSPECTIVE

Absorbed  
Brooding

Contemplative  
Engrossed  
Enlightened  
Inspired  
Interested  
Meditative  
Nostalgic  
Pensive  
Reflective  
Solemn  
Stirred  
Wonder

## JOYFUL

Amused  
Awed  
Bemused  
Bliss  
Blithe  
Bonhomie  
Bubbly  
Buoyant  
Carefree  
Cheerful  
Delectation  
Delighted  
Delirious  
Ebullient  
Ecstatic

Elated  
Enchanted  
Enjoyment  
Entertained  
Enthusiastic  
Euphoric  
Excited  
Exhilarated  
Exuberant  
Felicitous  
Genial  
Giddy  
Glad  
Gleeful  
Goofy  
Happy  
Humorous  
Invigorated  
Jocular  
Jocund  
Jolly  
Jovial  
Jubilant  
Liberated  
Lighthearted  
Lively  
Lucky  
Merry

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Mirthful	Sincere	Safe
Mischievous	Sympathetic	Sensual
Motivated	Succor	Warm
Passionate	Tender	Worthy
Perky	Thoughtful	Peaceful
Playful	Vulnerable	Accepting
Pleasure	Warm	Calm
Positive	Welcoming	Centered
Proud	<b>LOVING</b>	Collected
Rapture	Accepting	Comforted
Reassured	Admiring	Composed
Relieved	Adoring	Content
Sanguine	Adulation	Ease
Satisfied	Affectionate	Free
Silly	Ardor	Fulfilled
Sunny	Attached	Mellow
Thrilled	Attracted	Mollified
Triumphant	Captivated	Open
Upbeat	Devoted	Pacified
Vibrant	Enthralled	Patient
<b>KIND</b>	Felicitous	Phlegmatic
Caring	Fondness	Present
Compassionate	Fulfilled	Receptive
Cordial	Infatuated	Relaxed
Earnest	Intimate	Secure
Empathetic	Intoxicated	Settled
Pitying	Present	Sure
Self-loving	Protective	Trusting

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Tranquil

## **SADNESS**

Aching

Alienated

Angst

Anguish

Blue

Choked

Crestfallen

Crummy

Crushed

Defeated

Dejected

Depressed

Despair

Despondent

Devastated

Disappointed

Discouraged

Dismal

Doleful

Down

Downcast

Excluded

Forlorn

Gloomy

Grief

Heartbroken

Homesick

Hopeless

Hurt

Lonely

Longing

Melancholy

Mournful

Pained

Pessimistic

Remorseful

Sick

Somber

Sorrowful

Teary

Troubled

Unhappy

Upset

Weary

Wistful

Woe

Wretched

Yearning

## **SURPRISED**

Amazed

Astonished

Astounded

Breathless

Disbelief

Dubious

Dumbfounded

Flabbergasted

Floored

Quizzical

Scandalized

Serendipitous

Shock

Speechless

Stunned

Stupefied

## **UNKIND**

Crafty

Cruel

Derisive

Greedy

Petty

Selfish

Smug