

Emotion List

- Afraid:** abandoned, agitated, alarmed, anxious, apprehensive, bothered, cautious, concerned, desperate, distraught, disturbed, edgy, fearful, frightened, hesitant, horrified, hysterical, jumpy, nervous, panicked, perturbed, petrified, scared, shocked, threatened, terrified, timid, uneasy, unnerved, worried
- Angry:** apathetic, bitter, contemptuous, cross, cruel, defiant, disobedient, enraged, fed up, fuming, furious, hateful, heated, hostile, incensed, indignant, infuriated, irate, jealous, livid, mad, mean, outraged, raging, rancorous, raving, resentful, seething, spiteful, stubborn, ticked off, unforgiving, vengeful
- Doubtful:** arbitrary, bewildered, bored, capricious, cautious, changeable, confused, cynical, despairing, disbelieving, distant, distrustful, dithering, dubious, hesitant, erratic, evasive, fickle, impulsive, inconsistent, indecisive, indifferent, insecure, irresolute, powerless, preoccupied, puzzled, shy, skeptical, suspicious, timid, torn, uncertain, unconvinced, undetermined, uninformed, unpredictable, unreliable, unsure, vacillating, variable, volatile, wavering, weak
- Hurt:** abandoned, broken, crushed, damaged, disappointed, disillusioned, disregarded, harmed, heartbroken, helpless, impaired, injured, marred, messed up, misunderstood, offended, rejected, shocked, spoiled, tarnished, unnoticed, unwanted, wounded
- Irritated:** aggravated, annoyed, bothered, cross, displeased, distressed, exasperated, frustrated, goaded, grumpy, impatient, offended, overwrought, peeved, provoked, shaky, strained, tense, troubled, uncomfortable, upset, vexed
- Sad:** bleak, cheerless, defeated, depressed, despairing, disappointed, discouraged, disheartened, dismal, dour, dreary, dull, gloomy, grieving, grim, heartbroken, helpless, hopeless, lonely, low, melancholic, miserable, moody, murky, ominous, pessimistic, poignant, regretful, remorseful, somber, sorrowful, sulky, uninviting
- Shamed:** affronted, ashamed, besmirched, corrupted, disgraced, debased, degraded, defiled, desecrated, despoiled, dirtied, dishonoured, embarrassed, fouled, helpless, humiliated, mortified, offended, regretful, remorseful, ruined, shown up, soiled, spoiled, stupid, sullied, tainted, tarnished, ugly, violated
- Confident:** affirmative, amazed, ambitious, bright, brave, buoyant, calm, certain, cheerful, converted, convinced, courageous, definite, determined, empowered, encouraged, enthusiastic, exhilarated, helpful, hopeful, independent, loyal, optimistic, persuaded, positive, proud, respectful, sanguine, secure, sure, strong, triumphant, trusting, upbeat

Happy: blissful, calm, carefree, cheerful, comfortable, complacent, contented, delighted, ecstatic, elated, enthusiastic, exalted, excited, exultant, fantastic, festive, glad, grateful, inspired, joyful, joyous, jubilant, lighthearted, optimistic, peaceful, playful, pleased, pleasant, relaxed, relieved, satisfied, serene, tranquil, thrilled

Loving: accepting, admiring, adoring, affectionate, amorous, awed, caring, close, compassionate, considerate, delicate, devoted, doting, fond, friendly, humble, kind, open, passionate, pitying, sharing, tender, understanding, warm

Interested: absorbed, amazed, ambitious, attracted, awed, captivated, concerned, curious, eager, earnest, enchanted, engaged, engrossed, enraptured, enthralled, enthusiastic, excited, fascinated, gripped, held, immersed, involved, inquisitive, intent, intrigued, mesmerized, obsessed, pitying, preoccupied, rapt, spellbound, sympathetic, wrapped up

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<http://www.guidetopsychology.com/emotions.htm>