

List of Emotions

Seven core feelings. Under each, the more specific feelings in bold, followed by their two most specific words.

● Joyful

Happy	cheerful, delighted
Proud	accomplished, confident
Excited	eager, energized
Grateful	thankful, fortunate
Playful	silly, lighthearted
Hopeful	optimistic, inspired

● Sad

Lonely	isolated, left out
Disappointed	let down, discouraged
Hurt	wounded, betrayed
Grieving	heartbroken, mournful
Tired	drained, worn out
Down	gloomy, empty

● Calm

Peaceful	serene, still
Relaxed	at ease, unhurried
Content	satisfied, comfortable
Safe	secure, protected
Focused	clear-headed, present
Relieved	unburdened, reassured

● Angry

Frustrated	annoyed, stuck
Resentful	bitter, jealous
Irritated	impatient, grumpy
Offended	insulted, disrespected
Furious	enraged, livid

● Connected

Loved	cherished, adored
Accepted	included, valued
Close	intimate, bonded
Caring	tender, compassionate
Trusting	open, supported
Appreciated	seen, respected

● Afraid

Anxious	worried, uneasy
Overwhelmed	swamped, stretched thin
Insecure	inadequate, self-conscious
Nervous	jittery, on edge
Scared	frightened, threatened

● Surprised

Amazed	awed, astonished
Confused	puzzled, unsure
Startled	shocked, taken aback
Curious	intrigued, interested
Moved	touched, stirred