# Vocabulary of Emotions

| | Happiness | Caring | Depression | Inadequateness | Fear | Confusion | Hurt | Anger | Loneliness | Remorse |
|---|---|---|---|---|---|---|---|---|---|---|
| **Strong** | Delighted<br>Ebullient<br>Ecstatic<br>Elated<br>Energetic<br>Enthusiastic<br>Euphoric<br>Excited<br>Exhilarated<br>Overjoyed<br>Thrilled<br>Tickled pink<br>Turned on<br>Vibrant<br>Zippy | Adoring<br>Ardent<br>Cherishing<br>Compassionate<br>Crazy about<br>Devoted<br>Doting<br>Fervent<br>Idolizing<br>Infatuated<br>Passionate<br>Wild about<br>Worshipful<br>Zealous | Alienated<br>Barren<br>Beaten<br>Bleak<br>Bleeding<br>Dejected<br>Depressed<br>Desolate<br>Despondent<br>Dismal<br>Empty<br>Gloomy<br>Grieved<br>Grim<br>Hopeless<br>In despair<br>Woeful<br>Worried | Blemished<br>Blotched<br>Broken<br>Crippled<br>Damaged<br>False<br>Feeble<br>Finished<br>Flawed<br>Helpless<br>Impotent<br>Inferior<br>Invalid<br>Powerless<br>Useless<br>Washed up<br>Whipped<br>Worthless<br>Zero | Alarmed<br>Appalled<br>Desperate<br>Distressed<br>Frightened<br>Horrified<br>Intimidated<br>Panicky<br>Paralyzed<br>Petrified<br>Shocked<br>Terrified<br>Terror-stricken<br>Wrecked | Baffled<br>Befuddled<br>Chaotic<br>Confounded<br>Confused<br>Dizzy<br>Flustered<br>Rattled<br>Reeling<br>Shocked<br>Shook up<br>Speechless<br>Startled<br>Stumped<br>Stunned<br>Taken-aback<br>Thrown<br>Thunderstruck<br>Trapped | Abused<br>Aching<br>Anguished<br>Crushed<br>Degraded<br>Destroyed<br>Devastated<br>Discarded<br>Disgraced<br>Forsaken<br>Humiliated<br>Mocked<br>Punished<br>Rejected<br>Ridiculed<br>Ruined<br>Scorned<br>Stabbed<br>Tortured | Affronted<br>Belligerent<br>Bitter<br>Burned up<br>Enraged<br>Fuming<br>Furious<br>Heated<br>Incensed<br>Infuriated<br>Intense<br>Outraged<br>Provoked<br>Seething<br>Storming<br>Truculent<br>Vengeful<br>Vindictive<br>Wild | Abandoned<br>Black<br>Cut off<br>Deserted<br>Destroyed<br>Empty<br>Forsaken<br>Isolated<br>Marooned<br>Neglected<br>Ostracized<br>Outcast<br>Rejected<br>Shunned | Abashed<br>Debased<br>Degraded<br>Delinquent<br>Depraved<br>Disgraced<br>Evil<br>Exposed<br>Humiliated<br>Judged<br>Mortified<br>Shamed<br>Sinful<br>Wicked<br>Wrong |
| **Medium** | Aglow<br>Buoyant<br>Cheerful<br>Elevated<br>Gleeful<br>Happy<br>In high spirits<br>Jovial<br>Light-hearted<br>Lively<br>Merry<br>Riding high<br>Sparkling<br>Up | Admiring<br>Affectionate<br>Attached<br>Fond<br>Fond of<br>Huggy<br>Kind<br>Kind-hearted<br>Loving<br>Partial<br>Soft on<br>Sympathetic<br>Tender<br>Trusting<br>Warm-hearted | Awful<br>Blue<br>Crestfallen<br>Demoralized<br>Devalued<br>Discouraged<br>Dispirited<br>Distressed<br>Downcast<br>Downhearted<br>Fed up<br>Lost<br>Melancholy<br>Miserable<br>Regretful<br>Rotten<br>Sorrowful<br>Tearful<br>Upset<br>Weepy | Ailing<br>Defeated<br>Deficient<br>Dopey<br>Feeble<br>Helpless<br>Impaired<br>Imperfect<br>Incapable<br>Incompetent<br>Incomplete<br>Ineffective<br>Inept<br>Insignificant<br>Lacking<br>Lame<br>Overwhelmed<br>Small<br>Substandard<br>Unimportant | Afraid<br>Apprehensive<br>Awkward<br>Defensive<br>Fearful<br>Fidgety<br>Fretful<br>Jumpy<br>Nervous<br>Scared<br>Shaky<br>Skittish<br>Spineless<br>Taut<br>Threatened<br>Troubled<br>Wired | Adrift<br>Ambivalent<br>Bewildered<br>Puzzled<br>Blurred<br>Disconcerted<br>Disordered<br>Disorganized<br>Disquieted<br>Disturbed<br>Foggy<br>Frustrated<br>Misled<br>Mistaken<br>Misunderstood<br>Mixed up<br>Perplexed<br>Troubled | Annoyed<br>Belittled<br>Cheapened<br>Criticized<br>Damaged<br>Depreciated<br>Devalued<br>Discredited<br>Distressed<br>Impaired<br>Injured<br>Maligned<br>Marred<br>Miffed<br>Mistreated<br>Resentful<br>Troubled<br>Used<br>Wounded | Aggravated<br>Annoyed<br>Antagonistic<br>Crabby<br>Cranky<br>Exasperated<br>Fuming<br>Grouchy<br>Hostile<br>Ill-tempered<br>Indignant<br>Irate<br>Irritated<br>Offended<br>Ratty<br>Resentful<br>Sore<br>Spiteful<br>Testy<br>Ticked off | Alienated<br>Alone<br>Apart<br>Cheerless<br>Companionless<br>Dejected<br>Despondent<br>Estranged<br>Excluded<br>Left out<br>Leftover<br>Lonely<br>Oppressed<br>Uncherished | Apologetic<br>Ashamed<br>Contrite<br>Culpable<br>Demeaned<br>Downhearted<br>Flustered<br>Guilty<br>Penitent<br>Regretful<br>Remorseful<br>Repentant<br>Shamefaced<br>Sorrowful<br>Sorry |
| **Light** | Contented<br>Cool<br>Fine<br>Genial<br>Glad<br>Gratified<br>Keen<br>Pleasant<br>Pleased<br>Satisfied<br>Serene<br>Sunny | Appreciative<br>Attentive<br>Considerate<br>Friendly<br>Interested in<br>Kind<br>Like<br>Respecting<br>Thoughtful<br>Tolerant<br>Warm toward<br>Yielding | Blah<br>Disappointed<br>Down<br>Funk<br>Glum<br>Low<br>Moody<br>Morose<br>Somber<br>Subdued<br>Uncomfortable<br>Unhappy | Dry<br>Incomplete<br>Meager<br>Puny<br>Tenuous<br>Tiny<br>Uncertain<br>Unconvincing<br>Unsure<br>Weak<br>Wishful | Anxious<br>Careful<br>Cautious<br>Disquieted<br>Goose-bumpy<br>Shy<br>Tense<br>Timid<br>Uneasy<br>Unsure<br>Watchful<br>Worried | Distracted<br>Uncertain<br>Uncomfortable<br>Undecided<br>Unsettled<br>Unsure | Let down<br>Minimized<br>Neglected<br>Put away<br>Put down<br>Rueful<br>Tender<br>Touched<br>Unhappy | Bugged<br>Chagrined<br>Dismayed<br>Galled<br>Grim<br>Impatient<br>Irked<br>Petulant<br>Resentful<br>Sullen<br>Uptight | Blue<br>Detached<br>Discouraged<br>Distant<br>Insulated<br>Melancholy<br>Remote<br>Separate<br>Withdrawn | Bashful<br>Blushing<br>Chagrined<br>Chastened<br>Crestfallen<br>Embarrassed<br>Hesitant<br>Humble<br>Meek<br>Regretful<br>Reluctant<br>Sheepish |

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