

EMOTIONAL WORD LIST

Using words to describe your feelings helps build a better emotional vocabulary. Once you have a name for what you're feeling, it doesn't become so overwhelming. You get off the emotional roller coaster and you can look at it, rather than being in it. It's much easier to figure out why you're feeling something, and then the pressure goes away.

SAD

Blue, depressed, despondent, dismal, disappointed, down, empty, hopeless, unhappy

ANXIOUS

Fearful, frightened, intimidated, nervous, panicky, paralyzed, scared, shocked, tense, worried

GUILTY

Ashamed, bad, convicted, disgraced, remorseful, reprehensible, sinful

INFERIOR

Broken, defective, flawed, helpless, inadequate, incomplete, inferior, worthless

LONELY

Abandoned, Alone, Empty, Forsaken, Isolated, Neglected, Rejected, Unloved, Unwanted

EMBARRASSED

Awkward, blushing, foolish, humiliated, self-conscious, shy, uncomfortable, uneasy

HOPELESS

Dejected, demoralized, despairing, despondent, discouraged, downhearted

ANGRY

Annoyed, furious, heated, infuriated, irritated, mad, outraged, resentful, upset

