

Emotional Word List

When we can describe our emotions, we have a perception of control. Otherwise, we end up acting-out, or “behaving”, our emotions. The goal is to give ourselves a better emotional vocabulary. Pinning an emotion with a name work because once you have a name for it, it doesn't become so overwhelming. You actually get off the emotion rollercoaster ride and you look at it rather than being in it and it becomes much easier to figure out why you're feeling it. The pressure actually starts to go away.

	Happiness	Caring	Sad	Inadequate	Fear	Confusion	Hurt	Anger	Lonely	Remorse
Strong	Delighted Ecstatic Energetic Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tickled pink Vibrant	Adoring Cherishing Compassionate Devoted Doting Fervent Idolizing Infatuated Passionate Worshipful Zealous	Alienated Beaten Bleak Dejected Depressed Desolate Dismal Despairing Empty Grim Hopeless	Broken Crippled Damaged Flawed Helpless Humiliated Impotent Inferior Powerless Useless Worthless	Alarmed Appalled Desperate Distressed Frightened Horrorified Intimidated Paralyzed Petrified Shocked Terrified	Befuddled Confused Dizzy Flustered Shocked Shook up Speechless Startled Stumped Stunned Trapped	Anguished Crushed Destroyed Devastated Discarded Humiliated Mocked Punished Rejected Ridiculed Tortured	Bitter Enraged Fuming Furious Heated Infuriated Outraged Provoked Seething Vengeful Vindictive	Abandoned Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Outcast Rejected	Abashed Degraded Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wrong
Medium	Buoyant Cheerful Elevated Gleeful Happy Jovial Light-hearted Lively Up	Admiring Affectionate Attached Fond of Kind Loving Sympathetic Tender Trusting	Awful Devalued Discouraged Distressed Miserable Regretful Sorrowful Tearful Upset	Defeated Feeble Helpless Imperfect Incapable Incompetent Ineffective Insignificant Unimportant	Afraid Apprehensive Awkward Defensive Fearful Nervous Scared Threatened Troubled	Ambivalent Bewildered Puzzled Disconcerted Disturbed Frustrated Misled Mistaken Perplexed	Abused Cheapened Criticized Damaged Discredited Mistreated Troubled Used Wounded	Annoyed Exasperated Fuming Grouchy Hostile Irritated Offended Resentful Spiteful	Alienated Alone Apart Dejected Despondent Estranged Excluded Left out Lonely Oppressed	Apologetic Ashamed Demeaned Downhearted Flustered Guilty Regretful Remorseful Sorrowful
Mild	Contented Cool Fine Glad Gratified Pleasant Pleased Satisfied Serene	Appreciative Attentive Considerate Friendly Kind Respecting Thoughtful Tolerant Yielding	Blah Disappointed Down Glum Low Moody Subdued Uncomfortable Unhappy	Dry Incomplete Puny Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Shy Tense Timid Uneasy Unsure Worried	Distracted Uncertain Undecided Unsettled Unsure	Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy	Bugged Chagrined Dismayed Galled Grim Impatient Irked Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chastened Embarrassed Hesitant Humble Meek Regretful Reluctant