

## Emotional Word List

When we have words that describe our emotions, we have more control. Otherwise, we end up acting-out, or “behaving”, our emotions. It's training me to give me a lot more words to put on an emotion, having a better vocabulary. Pinning an emotion with a name, because once you have a name for it, it doesn't become so overwhelming; you get off the emotion ride and you look at it rather than being on it, and it's much easier to figure out why you're feeling it. the pressure goes away.

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