

## Emotions - Feelings Word Vocabulary

### Emotion

| Intensity | Happy   | Sad   |  | Angry  |   | Scared   | Confused   |
|-----------|---|---|--|--|---|--|--|
| Strong    | ecstatic<br>elated<br>energized<br>enthusiastic<br>excited<br>exuberant<br>jubilant<br>loved<br>marvelous<br>terrific<br>thrilled<br>uplifted   | crushed<br>defeated<br>dejected<br>depressed<br>devastated<br>disgraced<br>drained<br>exhausted<br>helpless<br>hopeless<br>hurt<br>rejected<br>terrible<br>unloved<br>unwanted<br>discarded                   | sorrowful<br>uncared for<br>worthless<br>wounded<br>burdened<br>condemned<br>demoralized<br>deserted<br>distraught<br>empty<br>grievous<br>humbled<br>miserable<br>mournful<br>pitiful | abused<br>betrayed<br>enraged<br>furious<br>hateful<br>hostile<br>humiliated<br>incensed<br>outraged<br>pissed off<br>rebellious<br>repulsed<br>seething<br>strangled<br>vengeful            | exploited<br>fuming<br>mad<br>patronized<br>repulsed<br>spiteful<br>throttled<br>used<br>vindictive | afraid<br>appalled<br>desperate<br>dread<br>fearful<br>frantic<br>horrified<br>intimidated<br>overwhelmed<br>panicky<br>petrified<br>shocked<br>terrified<br>tormented<br>vulnerable | baffled<br>bewildered<br>constricted<br>directionless<br>flustered<br>stagnant<br>trapped  |
| Mild      | admired<br>alive<br>amused<br>appreciated<br>assured<br>cheerful<br>confident<br>delighted<br>determined<br>encouraged<br>fulfilled<br>grateful<br>gratified<br>joyful<br>justified<br>optimistic<br>proud<br>relieved<br>resolved<br>respected<br>valued | ashamed<br>despised<br>disappointed<br>discouraged<br>disheartened<br>disillusioned<br>dismal<br>distant<br>distressed<br>inadequate<br>isolated<br>lonely<br>neglected<br>slighted<br>unappreciated<br>upset | abandoned<br>alienated<br>degraded<br>deprived<br>disturbed<br>drained<br>islanded<br>resigned<br>slighted<br>wasted   | agitated<br>annoyed<br>controlled<br>disgusted<br>exasperated<br>frustrated<br>harassed<br>infantilized<br>irritated<br>offended<br>peeved<br>resentful<br>ridiculed<br>smothered<br>stifled | aggravated<br>anguished<br>cheated<br>coerced<br>deceived<br>dominated<br>provoked                  | alarmed<br>apprehensive<br>axed<br>defensive<br>guarded<br>insecure<br>shaken<br>skeptical<br>startled<br>stunned<br>suspicious<br>tense<br>threatened<br>uneasy                     | ambivalent<br>awkward<br>disorganized<br>doubt<br>foggy<br>hesitant<br>misunderstood<br>perplexed<br>puzzled<br>torn<br>troubled |
| weak      | content<br>flattered<br>fortunate<br>glad<br>good<br>hopeful<br>peaceful<br>pleased<br>relaxed<br>satisfied   | apathetic<br>bad<br>deflated<br>disenchanted<br>lost<br>sorry   |  | dismayed<br>displeased<br>tolerant<br>uptight  |   | anxious<br>concerned<br>doubtful<br>impatient<br>nervous<br>perplexed<br>reluctant<br>shy<br>timid<br>unsure   | bothered<br>distracted<br>surprised<br>uncertain<br>uncomfortable<br>undecided<br>unsettled<br>unsure                            |