

Emotions - Feelings Word Vocabulary

Emotion

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