

Emotions Word List

Excerpt from Mindful Anger

A Vocabulary for Comfortable Emotions

Happiness/joy - Blissful Bubbly Buoyant Carefree Cheerful Content Delighted Ecstatic Elated Enthusiastic Euphoric Excited Festive Giddy Glad Inspired Jolly Jubilant Lighthearted Merry Optimistic Peaceful Playful Pleased Satisfied Silly Thrilled Upbeat

Enthusiasm - Alive Ardent Avid Breathless Dynamic Eager Earnest Encouraged Excited Fervent Gung ho Hopeful Intent Keen Motivated Powered up Spirited Zealous

Love - Adoring Affectionate Amorous Caring Cherishing Compassionate Doting Empathetic Enamored Enchanted Fond Forgiving Grateful Infatuated Kindly Open Passionate Romantic Seductive Sensual Sentimental Sexy Soft Sympathetic Tender Treasuring Warm

A Vocabulary for Uncomfortable Emotions

Anger - Agitated Aggravated Annoyed Belligerent Bitter Boiling Brooding Contemptuous Cross Disgusted Displeased Enraged Frustrated Fuming Furious Grumpy Hateful Heated Ill-tempered Incensed Indignant Inflamed Infuriated Irascible Irate Irritated Livid Mad Mean Miffed Offended Pissed off Resentful Riled Upset Vengeful Wrathful

Hurt - Aching Battered Bruised Crushed Devastated Distressed Injured Pained Shamed Suffering Torn Tortured Wounded

Sadness - Crestfallen Defeated Dejected Depressed Despairing Despondent Disappointed Discouraged Dismal Down Dreadful Dreary Dull Forlorn Gloomy Glum Heartbroken Heavy hearted Helpless Hollow Hopeless Impotent In the dumps Inconsolable Melancholy Miserable Moody Morose Mournful Out of sorts Passive Powerless Somber Sorrowful Unhappy Useless Weepy Woeful Worthless

Confusion - Ambivalent Baffled Bemused Bewildered Dazed Disconcerted Disoriented Distracted Indecisive Lost Mixed up Perplexed Puzzled Spacey Wavering Wishy-washy

Fear - Afraid Alarmed Anxious Daunted Desperate Fearful Fidgety Frightened Horrified Hysterical Intimidated Nervous Panicked Paralyzed Petrified Scared Shaky Shocked Startled Surprised Terrified Threatened

Worry - Alert Antsy Anxious Apprehensive Distrustful Doubtful Hesitant Ill at ease Insecure Nervous Questioning Skeptical Suspicious Tense Uneasy Uncertain Uptight