### Emotions Word List

**Excerpt from Mindful Anger**

<table>
<thead>
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<th>Uncomfortable Emotions</th>
<th>Comfortable Emotions</th>
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#### 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