

HOW ARE YOU FEELING?



EMOTIONS LIST

HAPPINESS

- Amazed
- Awe
- Bliss
- Cheerfulness
- Confident
- Contentment
- Delighted
- Eager
- Ecstatic
- Enchanted
- Energized
- Engaged
- Enthusiastic
- Excited
- Exhilaration
- Free
- Glad
- Glee
- Inspired
- Invigorated
- Joyous
- Lively
- Loving
- Passionate
- Playful
- Proud
- Radiant
- Satisfied
- Thrilled
- Vibrant
- Worthy

SADNESS

- Anguish
- Depressed
- Despondent
- Disappointed
- Discouraged
- Dissatisfied
- Empty
- Forlorn
- Gloomy
- Grief
- Guilty
- Heartbroken
- Hopeless
- Isolated
- Lonely
- Melancholy
- Rejected
- Remorseful
- Shut down
- Sorrow
- Teary
- Unhappy
- Upset
- Weary
- Weak
- Woeful
- Worthless

FEAR

- Afraid
- Alarmed
- Anxious
- Apprehensive
- Ashamed
- Concerned
- Cowardice
- Dismay
- Disturbed
- Frightened
- Helpless
- Hesitant
- Inhibited
- Mortified
- Nervous
- Panic
- Paralyzed
- Scared
- Self-Conscious
- Shaken
- Terrified
- Timid
- Uneasy
- Uncertain
- Ungrounded
- Worried

DISGUST

- Abhorrence
- Appalled
- Aversion
- Bitterness
- Dislike
- Displeased
- Disturbed
- Hatred
- Loathing
- Nauseating
- Offended
- Repelled
- Repulsed
- Revolt
- Sick
- Skeptical

ANGER

- Agitated
- Aggravated
- Animosity
- Annoyed
- Bitter
- Bothered
- Contempt
- Cranky
- Cynical
- Disdain
- Disgruntled
- Disturbed
- Edgy
- Exasperated
- Frustrated
- Furious
- Grouchy
- Heated
- Hostile
- Hotheaded
- Impatient
- Irritated
- Irate
- Moody
- On edge
- Outraged
- Peeved
- Resentful
- Spiteful
- Vindictive

CALM

- Appreciative
- At Ease
- Carefree
- Centered
- Compassion
- Composed
- Focused
- Mindful
- Patient
- Peaceful
- Present
- Relaxed
- Rested
- Restored
- Serene
- Tranquil