

# Your Emotional Vocabulary List

## ~~~~~ANGER, APATHY, and HATRED~~~~~

### Soft Anger and Apathy

Annoyed ~ Apathetic ~ Bored ~ Certain ~ Cold ~ Crabby ~ Cranky ~ Critical ~ Cross ~ Detached ~ Displeased ~ Frustrated ~ Impatient ~ Indifferent ~ Irritated ~ Peeved ~ Rankled

### Medium (or Mood-State) Anger

Affronted ~ Aggravated ~ Angry ~ Antagonized ~ Arrogant ~ Bristling ~ Exasperated ~ Incensed ~ Indignant ~ Inflamed ~ Mad ~ Offended ~ Resentful ~ Riled up ~ Sarcastic

### Intense Anger and Hatred

Aggressive ~ Appalled ~ Belligerent ~ Bitter ~ Contemptuous ~ Disgusted ~ Furious ~ Hateful ~ Hostile ~ Irate ~ Livid ~ Menacing ~ Outraged ~ Ranting ~ Raving ~ Seething ~ Spiteful ~ Vengeful ~ Vicious ~ Vindictive ~ Violent

## ~~~~~SHAME and GUILT~~~~~

### Soft Shame and Guilt

Abashed ~ Awkward ~ Discomfited ~ Flushed ~ Flustered ~ Hesitant ~ Humble ~ Reticent ~ Self-conscious ~ Speechless ~ Withdrawn

### Medium (or Mood-State) Shame and Guilt

Ashamed ~ Chagrined ~ Contrite ~ Culpable ~ Embarrassed ~ Guilty ~ Humbled ~ Intimidated ~ Penitent ~ Regretful ~ Remorseful ~ Reproachful ~ Rueful ~ Sheepish

### Intense Shame and Guilt

Belittled ~ Degraded ~ Demeaned ~ Disgraced ~ Guilt-ridden ~ Guilt-stricken ~ Humiliated ~ Mortified ~ Ostracized ~ Self-condemning ~ Self-flagellating ~ Shamefaced ~ Stigmatized

## ~~~~~FEAR, ANXIETY and PANIC~~~~~

### Soft Fear and Anxiety

Alert ~ Apprehensive ~ Cautious ~ Concerned ~ Confused ~ Curious ~ Disconcerted ~ Disoriented ~ Disquieted ~ Doubtful ~ Edgy ~ Fidgety ~ Hesitant ~ Indecisive ~ Insecure ~ Instinctive ~ Intuitive ~ Leery ~ Pensive ~ Shy ~ Timid ~ Uneasy ~ Watchful

### Medium (or Mood-State) Fear and Anxiety

Afraid ~ Alarmed ~ Anxious ~ Aversive ~ Distrustful ~ Fearful ~ Jumpy ~ Nervous ~ Perturbed ~ Rattled ~ Shaky ~ Startled ~ Suspicious ~ Unnerved ~ Unsettled ~ Wary ~ Worried

### Intense Fear and Panic

Filled with Dread ~ Horrified ~ Panicked ~ Paralyzed ~ Petrified ~ Phobic ~ Shocked ~ Terrorized

## ~~~~~JEALOUSY & ENVY~~~~~

### Soft Jealousy & Envy

Disbelieving ~ Distrustful ~ Insecure ~ Protective ~ Suspicious ~ Vulnerable

### Medium (or Mood-State) Jealousy & Envy

Covetous ~ Demanding ~ Desirous ~ Envious ~ Jealous ~ Threatened

### Intense Jealousy & Envy

Avaricious ~ Gluttonous ~ Grasping ~ Greedy ~ Green with Envy ~ Persistently Jealous ~ Possessive  
Resentful

## ~~~~~HAPPINESS, CONTENTMENT, and JOY~~~~~

### Soft Happiness

Amused ~ Calm ~ Encouraged ~ Friendly ~ Hopeful ~ Inspired ~ Jovial ~ Open ~ Peaceful ~ Serene ~  
Smiling ~ Upbeat

### Medium (or Mood-State) Happiness and Contentment

Cheerful ~ Contented ~ Delighted ~ Elevated ~ Excited ~ Fulfilled ~ Glad ~ Gleeful ~ Gratified ~ Great  
~ Happy ~ ~ Joyful ~ Lively ~ Merry ~ Optimistic ~ Playful ~ Pleased ~ Proud ~ Rejuvenated ~ Satisfied

### Intense Happiness, Contentment, and Joy

Awe-filled ~ Blissful ~ Ecstatic ~ Egocentric ~ Elated ~ Enthralled ~ Euphoric ~ Exhilarated ~ Fantastic  
~ Giddy ~ Jubilant ~ Manic ~ Overconfident ~ Overjoyed ~ Radiant ~ Rapturous ~ Self-aggrandized ~  
Terrific ~ Thrilled

## ~~~~~SADNESS, GRIEF, and DEPRESSION~~~~~

### Soft Sadness

Contemplative ~ Disappointed ~ Disconnected ~ Distracted ~ Grounded ~ Listless ~ Low ~ Steady ~  
Regretful ~ Wistful

### Medium (or Mood-State) Sadness, Grief, and Depression

Dejected ~ Discouraged ~ Dispirited ~ Down ~ Downtrodden ~ Drained ~ Forlorn ~ Gloomy ~  
Grieving ~ Heavy-hearted ~ Melancholy ~ Mournful ~ Sad ~ Sorrowful ~ Weepy ~ World-weary

### Intense Sadness, Grief, and Depression

Anguished ~ Bereaved ~ Bleak ~ Depressed ~ Despairing ~ Despondent ~ Grief-stricken ~  
Heartbroken ~ Hopeless ~ Inconsolable ~ Morose

## ~~~~~DEPRESSION and SUICIDAL URGES~~~~~

### Soft Depression and Suicidal Urges

Apathetic ~ Constantly Irritated, Angry, or Enraged (see the **Anger** list above) ~ Depressed ~  
Discouraged ~ Disinterested ~ Dispirited ~ Feeling Worthless ~ Flat ~ Helpless ~ Humorless ~  
Impulsive ~ Indifferent ~ Isolated ~ Lethargic ~ Listless ~ Melancholy ~ Pessimistic ~ Purposeless ~  
Withdrawn ~ World-weary



### Medium (or Mood-State) Depression and Suicidal Urges

Bereft ~ Crushed ~ Desolate ~ Despairing ~ Desperate ~ Drained ~ Empty ~ Fatalistic ~ Hopeless ~ Joyless ~ Miserable ~ Morbid ~ Overwhelmed ~ Passionless ~ Pleasureless ~ Sullen

### Intense Suicidal Urges

Agonized ~ Anguished ~ Bleak ~ Death-seeking ~ Devastated ~ Doomed ~ Guttled ~ Nihilistic ~ Numbed ~ Reckless ~ Self-destructive ~ Suicidal ~ Tormented ~ Tortured

