

Emotional Vocabulary



I Feel...

	Anger, Apathy, and Hatred	Shame and Guilt	Fear, Anxiety, and Panic	Jealousy And Envy	Sadness, Grief, and Depression	Depression and Suicidal Urges
Soft	Annoyed, Apathetic, Bored, Certain, Cold, Crabby, Cranky, Critical, Cross, Detached, Displeased, Frustrated, Impatient, Indifferent, Irritated, Peeved, Rankled	Abashed, Awkward, Discomfited, Flushed, Flustered, Hesitant, Humble, Reticent, Self-conscious, Speechless, Withdrawn	Alert, Apprehensive, Cautious, Concerned, Confused, Curious, Disconcerted, Disoriented, Disquieted, Doubtful, Edgy, Fidgety, Hesitant, Indecisive, Insecure, Instinctive, Intuitive, Leery, Pensive, Shy, Timid, Uneasy, Watchful	Disbelieving, Distrustful, Insecure, Protective, Suspicious, Vulnerable,	Contemplative, Disappointed, Disconnected, Distracted, Grounded, Listless, Low, Steady, Regretful, Wistful	Apathetic, Constantly Irritated, Angry, Depressed, Discouraged, Disinterested, Dispirited, Worthless, Flat, Helpless, Humorless, Impulsive, Indifferent, Isolated, Lethargic, Listless, Melancholy, Pessimistic, Purposeless, Withdrawn, World-weary
Medium	Affronted, Aggravated, Angry, Antagonized, Arrogant, Bristling, Exasperated, Incensed, Indignant, Inflamed, Mad, Offended, Resentful, Riled up, Sarcastic	Ashamed, Chagrined, Contrite, Culpable, Embarrassed, Guilty, Humbled, Intimidated, Penitent, Regretful, Remorseful, Reproachful, Rueful, Sheepish	Afraid, Alarmed, Anxious, Aversive, Distrustful, Fearful, Jumpy, Nervous, Perturbed, Rattled, Shaky, Startled, Suspicious, Unnerved, Unsettled, Wary, Worried	Covetous, Demanding, Desirous, Envious, Jealous, Threatened	Dejected, Discouraged, Dispirited, Down, Downtrodden, Drained, Forlorn, Gloomy, Grieving, Heavy-hearted, Melancholy, Mournful, Sad, Sorrowful, Weepy, World-weary	Bereft, Crushed, Desolate, Despairing, Desperate, Drained, Empty, Fatalistic, Hopeless, Joyless, Miserable, Morbid, Overwhelmed, Passionless, Pleasureless, Sullen
Intense	Aggressive, Appalled, Belligerent, Bitter, Contemptuous, Disgusted, Furious, Hateful, Hostile, Irate, Livid, Menacing, Outraged, Ranting, Raving, Seething, Spiteful, Vengeful, Vicious, Vindictive, Violent	Belittled, Degraded, Demeaned, Disgraced, Guilt-ridden, Guilt-stricken, Humiliated, Mortified, Ostracized, Self-condemning, Self-flagellating, Shamefaced, Stigmatized	Filled with Dread, Horrified, Panicked, Paralyzed, Petrified, Phobic, Shocked, Terrorized	Avaricious, Gluttonous, Grasping, Greedy, Persistently Jealous, Possessive, Resentful	Anguished, Bereaved, Bleak, Depressed, Despairing, Despondent, Grief-stricken, Heartbroken, Hopeless, Inconsolable, Morose	Agonized, Anguished, Bleak, Devastated, Doomed, Gutted, Nihilistic, Numbed, Reckless, Self-destructive, Suicidal, Tormented, Tortured