

## *Emotion Vocabulary*

**How to use:** Look through these lists to find the right word for how you really feel right now.

**OR** Find the right way to communicate: "I feel \_\_\_\_\_ (emotion) when \_\_\_\_\_ (event)."

**OR** Try to understand how someone else feels: "It seems like you feel \_\_\_\_\_ (emotion) right now."

abandoned	dirty	inferior	pressured
aching	disappointed	inhibited	provoked
adrift	discarded	injured	reckless
afraid	disgraced	insecure	resistant
agitated	disgusted	insignificant	restless
aggressive	disillusioned	isolated	robbed
alienated	disorganized	interrupted	rushed
ambushed	distracted	intimidated	sabotaged
anguished	disturbed	irate	scorned
annoyed	drained	invisible	self-destructive
anxious	dreary	irrational	shaky
apprehensive	dull	irresponsible	shamed
awkward	dumb	Irritable	shocked
beaten down	edgy	irked	smothered
belittled	embarrassed	jaded	skeptical
betrayed	envious	Jealous	sorry
bewildered	evasive	jinxed	strained
bitter	evil	jumpy	stretched
blue	exasperated	leery	stumped
broken	exhausted	left out	stunned
bummed	exploited	let down	sunk
burdened	exposed	liable	suspicious
burned-out	fainthearted	lifeless	tarnished
censored	fatigued	lonely	tense
cheated	foolish	lost	testy
closed	forgotten	low	threatened
clueless	framed	manipulated	timid
clumsy	frantic	melancholy	tormented
cold	frustrated	menaced	torn
concerned	furious	misunderstood	tortured
confused	gloomy	mixed up	tragic
contemptuous	grieving	mystified	tricked
controlled	grouchy	naive	unappreciated
convicted	grumpy	numb	unbalanced
cornered	guarded	obligated	unneded
cowardly	gullible	offended	uneasy
cranky	handicapped	oppressed	unreal
crushed	hassled	ornery	unsure
deceived	haunted	out of control	unworthy
defeated	heavy-hearted	outraged	upset
defenseless	hysterical	overcome	vacant
defensive	idiotic	overloaded	vexed
degraded	ignorant	overwhelmed	violated
dejected	ill at ease	overworked	vulnerable
demoralized	impatient	paralyzed	weary
deprived	incomplete	peevd	worried
deserted	incredulous	pensive	wounded
desperate	indebted	persecuted	wrathful
devious	inept	preoccupied	wronged

absent-minded  
absorbed  
apathetic  
baffled  
bashful  
bored  
cautious  
challenged  
clouded

competitive  
dazed  
detached  
disconnected  
flat  
hesitant  
intense  
loose  
mischievous  
passive

perplexed  
possessive  
puzzled  
rebellious  
reconciled  
sheepish  
solemn  
snoopy  
stingy  
tough

transformed  
vague  
wavering  
wild  
wishful  
yearning  
yielding  
zealous

accepting  
alert  
amazed  
amused  
appreciative  
astonished  
audacious  
awed  
benevolent  
bold  
bright  
calm  
capable  
carefree  
centered  
certain  
charmed  
cheerful  
childish  
clear  
clever  
complacent

complete  
confident  
courageous  
daring  
dedicated  
delicate  
delighted  
devoted  
eager  
encouraged  
entertained  
enthusiastic  
excited  
exhilarated  
festive  
forgiving  
fortunate  
free  
frisky  
generous  
giggly  
heroic

honored  
immune  
impressed  
industrious  
innocent  
inspired  
interested  
intrigued  
jolly  
joyful  
jubilant  
justified  
lighthearted  
lucky  
optimistic  
pampered  
passionate  
peaceful  
perky  
pleased  
powerful  
quiet

rambunctious  
reassured  
reinforced  
receptive  
relaxed  
released  
reminiscent  
rescued  
revitalized  
romantic  
satisfied  
sentimental  
serene  
soothed  
spunky  
tenacious  
tranquil  
valued  
victorious  
whole  
worthy  
zany