

Emotional Vocabulary List

Describing your feelings can help you to connect emotionally. It can also help you to cope with difficult emotions. This list, divided into general categories of emotion, may help you to name your feelings and to talk about them.

INTERESTED

Stimulated	Involved	Anticipatory	Amused
Fascinated	Attentive	Looking forward to	Intrigued
Engrossed	Eager	In awe	Engrossed
Engaged	Excited	Entertained	Enthralled

HAPPY

Pleasantly surprised	Appreciative	Delighted	Blissful
Pleased	Grateful	Loving	Joyful
Contented	Feeling good	Liking	Ecstatic
Satisfied	Gratified	Attached to	Elated
Cheerful	Proud	Affectionate toward	Euphoric
Glad		Adoring	

SAD

Unhappy	Discouraged	Dismayed	Miserable
Sorry	Disappointed	Down in the dumps	Disheartened
Sorry for	Dejected	Blue	Despairing
Regretful	Glum	Heartbroken	Grieving
Depressed	Despondent	Heartsick	

ANGRY

Displeased	Frustrated	Irate	Furious
Envious	Annoyed	Heated	Livid
Jealous	Irritated	Crabby	Enraged
Resentful	Mad	Bitchy	Outraged
Offended	Fuming	Exasperated	

FEARFUL

Timid	Afraid	Apprehensive	Petrified
Nervous	Disturbed	Anxious	Terrified
Uncomfortable	Uneasy	Worried	Horried
Scared	Concerned	Dread	

CONTEMPTUOUS

Offended	Indignant	Disdaining	Despising
Appalled	Judgmental	Disrespecting	Bitter

DISGUSTED

Dislike	Repelled by	Aversion to	Sickened
Hate	Repulsed by	Revulsion	Aghast
Loathe			