

Feelings/ Emotions Chart

Positive feelings/ emotions

Affectionate (readily feeling or showing fondness or tenderness)

#	Word	Definition
1	Compassionate	feeling or showing sympathy and concern for others.
3	Loving	feeling or showing great care.
4	Sympathetic	feeling, showing, or expressing sympathy.

Confident (feeling or showing confidence in oneself; self-assured)

#	Word	Definition
1	Empowered	give (someone) the authority or power to do something.
2	Proud	feeling deep pleasure or satisfaction as a result of ones own achievements, qualities, or possessions or those of someone whom one is closely associated.
3	Composed	having one's feelings and expression under control; calm.
4	Laid- Back	relaxed and easy going.

Grateful (appreciative of benefits received; thankful/ expressing gratitude/ affording pleasure or comfort; agreeable)

#	Word	Definition
1	Appreciative	feeling or showing gratitude or pleasure.
2	Thankful	pleased and relieved.
3	Touched	feeling gratitude or sympathy; moved.

Peaceful (undisturbed by strife, turmoil, or disagreement; tranquil: synonym: calm/ not involving violence or employing force)

#	Word	Definition
1	Calm	not showing or feeling nervousness, anger, or other strong emotions.
2	Clear Headed	alert and thinking logically and coherently.
3	Comfortable	free from stress or anxiety; at ease/ producing feelings of ease or security.
4	Centered	self-confident, stable, and well-balanced.
5	Content	to give contentment or satisfaction to; satisfy; gratify; appease, to be satisfied
6	Fulfilled	completed to perfection.
7	Quiet	free of turmoil and agitation; calm.
8	Relaxed	not rigorous or strict/ free from strain or tension.
9	Relieved	experiencing or exhibiting relief.
10	Satisfied	pleasure or contentment derived from such gratification.
11	Serene	content or composed; untroubled/ unaffected by disturbance; calm or peaceful: synonym: calm/ unclouded; fair.
12	Tranquil	free from commotion or disturbance/ free from anxiety, tension, or restlessness; composed: synonym: calm/ steady; even.

Engaged (employed, occupied, or busy/ committed, as to a cause)

#	Word	Definition
1	Absorbed	drawn in or sucked up/ engrossed: as, an absorbed look/ wholly absorbed as in thought.
2	Alert	vigilantly attentive; watchful: synonym: careful/mentally responsive and perceptive; quick/ brisk or lively in action.
3	Curious	eager to learn more/ unduly inquisitive; prying/ arousing interest because of novelty or strangeness.
4	Fascinated	having the attention fixed by a sense of wonder/ intensely interested in or attracted by.
5	Interested	having or showing curiosity, fascination, or concern.
6	Involved	complicated; intricate: synonym: complex/ connected by participation or association.
7	Stimulated	emotionally aroused.
8	Engrossed	preoccupied with something to the exclusion of everything else.

Excited (preoccupied with something to the exclusion of everything else)

#	Word	Definition
1	Amazed	filled with the emotional impact of overwhelming surprise or shock.
2	Animated	filled with activity, vigor, or spirit; lively/ made or depicted using animation
5	Astonished	amazed; surprised/ simple past tense and past participle of astonish/ filled with the emotional impact of overwhelming surprise or shock
6	Energetic	possessing, exerting, or displaying energy.
7	Enthusiastic	one who is absorbed in an interest or pursuit.
8	Invigorated	restored energy.
9	Lively	full of energy or alertness; vigorous or animated/ characterized by much activity or excitement: synonym: active.
11	Passionate	capable of, having, or dominated by powerful emotions.
12	Surprised	taken unawares or suddenly and feeling wonder or astonishment/ to feel amazement or wonder, or showing an emotion due to an unexpected event.
13	Vibrant	pulsing or throbbing with energy or activity/ vigorous, lively, and vital

Inspired (of such surpassing brilliance or excellence as to suggest divine inspiration)

#	Word	Definition
1	Amazed	filled with the emotional impact of overwhelming surprise or shock.
2	Influence	A power affecting a person, thing, or course of events, especially one that operates without any direct or apparent effort/ power to sway or affect based on prestige, wealth, ability, or position.
3	Motivated	enthusiastic, especially about striving toward a goal.

Joyful (very glad; feeling delight; exulting/ rejoicing; arising from or expressing gladness)

#	Word	Definition
1	Amused	diverted/ expressing amusement.
2	Delighted	greatly pleased; joyous; joyful.
3	Glad	experiencing or exhibiting joy and pleasure.
4	Happy	enjoying, showing, or marked by pleasure, satisfaction, or joy. synonym: glad/ cheerful; willing/ characterized by good luck. synonym: fortunate.
5	Pleased	happy, content.

Hopeful (having or manifesting hope/ inspiring hope; promising)

#	Word	Definition
1	Expectant	the act of expecting/ eager anticipation.
2	Encouraged	made to feel more courage, hope, or optimism/ inspired with confidence.
3	Optimistic	tending, or conforming, to the opinion that all events are ordered for the best/ hopeful

Exhilarated (elated, in high spirits, and energized/ opposite of dejected/ made joyful)

#	Word	Definition
1	Blissful	full of, characterized by, or causing, joy and felicity; happy in the highest degree.
2	Ecstatic	being in a state of ecstasy; joyful or enraptured.
3	Elated	extremely happy and excited; delighted; pleased.
4	Exuberant	full of unrestrained enthusiasm or joy.
5	Radiant	filled with light shining especially as rays; brightly shining.
6	Thrilled	extremely excited or delighted.

Refreshed (with restored energy)

#	Word	Definition
1	Rejuvenated	stimulated by uplift to renewed erosive activity.
2	Renewed	restored to a new condition.
3	Rested	recovered / not tired; refreshed as by sleeping or relaxing.
4	Restored	something or someone renewed or rebuilt.
5	Revived	restored to consciousness or life or vigor/ given fresh life or spirit

Negative feeling/ emotions

Afraid (filled with fear; frightened/ having feelings of aversion or unwillingness in regard to something/ filled with regret or concern/ used especially to soften an unpleasant statement)

#	Word	Definition
1	Apprehensive	anxious or fearful about the future; uneasy/ in the habit of seizing; ready to catch or seize; desirous to lay hold of: used literally and figuratively.
2	Dread	to be in terror of; fear intensely/ to anticipate with alarm, distaste, or reluctance/ to hold in awe or reverence.
3	Frightened	afraid; suffering from fear.
4	Mistrustful	having or causing suspicions, or doubt.
5	Panicked	thrown into a state of intense fear or desperation.
6	Petrified	extremely afraid.
7	Scared	having fear; afraid, frightened.
8	Suspicious	questionable/ distrustful.
9	Terrified	extremely frightened/ thrown into a state of intense fear or desperation
10	Worried	thinking about unpleasant things that have happened or that might happen; feeling afraid and unhappy/ afflicted with or marked by anxious uneasiness or trouble or grief

Confused (being unable to think with clarity or act with understanding and intelligence/ lacking logical order or sense)

#	Word	Definition
1	Ambivalent	undecided as to whether or not to take a proposed course of action; having feelings both for and against the proposed/ simultaneously experiencing or expressing opposing or contradictory feelings, beliefs, or motivations.
2	Baffled	not understanding/ discouraged by failure to accomplish a goal and uncertain how to proceed; -- used especially of feelings of defeat and discouragement/ thoroughly confused, puzzled
3	Bewildered	greatly perplexed/ baffled, confused, mystified, at a loss, or uncertain.
4	Dazed	stunned; stupefied.
5	Hesitant	inclined or tending to hesitate/ hesitating; pausing; irresolute; not ready in determining, doing, or saying; wanting readiness of speech/ not prompt in deciding or acting; hesitating.
6	Lost	unable to find one's way
7	Perplexed	filled with confusion or bewilderment; puzzled/ full of complications or difficulty; involved/ entangled, involved, or confused; hence, embarrassed; puzzled; doubtful; anxious.
8	Puzzled	confused or perplexed.

Embarrassed (feeling uneasily or unpleasantly self-conscious due to some event or circumstance/ feeling inferior or unworthy and hence unpleasantly self-conscious/ having a feeling of shameful discomfort)

#	Word	Definition
1	Ashamed	feeling inferior, inadequate, or embarrassed/ reluctant through fear of humiliation or shame.
2	Flustered	thrown into a state of agitated confusion.
3	Guilty	responsible for a reprehensible act; culpable/ found to have violated a criminal law by a jury or judge.
4	Mortified	deeply embarrassed; painfully humiliated.
5	Self-conscious	socially ill at ease/ excessively conscious of one's appearance or manner.

Tense (being in a state of tension; stretched until tight; strained to stiffness; rigid; not lax: often used figuratively)

#	Word	Definition
1	Anxious	uneasy and apprehensive about an uncertain event or matter; worried.
2	Distressed	stressed.
3	Distraught	deeply agitated, as from worry or grief/ mentally deranged.
4	Edgy	nervous or irritable/ having a sharp or biting edge.
5	Fidgety	creating unnecessary fuss/ moving about uneasily; restless; nervously impatient.
6	Irritable	easily irritated or annoyed/ abnormally or excessively sensitive to a stimulus/ capable of responding to a stimulus.
7	Nervous	timid, anxious, apprehensive.
8	Overwhelmed	feeling overpowered/ defeated easily by a greatly superior opponent.
9	Restless	characterized by a lack of quiet/ not able to rest, relax, or be still/ having or showing a persistent desire for change or action.
10	Stressed Out	exhausted or debilitated because of stress

Annoyed (aroused to impatience or anger/ troubled persistently especially with petty annoyances)

#	Word	Definition
1	Aggravated	made more severe or intense/ incited, especially deliberately, to anger.
2	Dismayed	struck with fear, dread, or consternation.
3	Displeased	not pleased; experiencing or manifesting displeasure.
4	Exasperated	greatly annoyed; made furious.
5	Frustrated	foiled, stopped, disappointed/ suffering from frustration; dissatisfied, agitated, and/or discontent because one is.
6	Impatient	unable to wait patiently or tolerate delay; restless/ unable to endure irritation or opposition; intolerant.
7	Irritated	aroused to impatience or anger/ experiencing a feeling of irritation.
8	Irked	annoyed.

Disconnected (not connected; separate or detached)

#	Word	Definition
1	Alienated	mentally astray; demented/ socially disoriented/ having become indifferent or hostile to one's peers or social group.
2	Apathetic	feeling or showing a lack of interest or concern; indifferent/ feeling or showing little or no emotion; unresponsive.
3	Bored	tired of the world; bored with life/ uninterested because of frequent exposure or indulgence/ opposite of interested.
4	Detached	separated; disconnected/ standing apart from others; separate/ marked by an absence of emotional involvement or personal interest; aloof or unbiased.
5	Distant	separate or apart in space/ far removed; remote.
6	Distracted	having the attention diverted/ suffering conflicting emotions; distraught/ perplexed; harassed or bewildered by opposing considerations.
7	Indifferent	having no particular interest or concern; apathetic/ having no marked feeling for or against.
8	Numb	deprived of the power to feel or move normally; benumbed/ emotionally unresponsive; indifferent.
9	Removed	distant in space, time, or nature; remote/ separated in relationship by a given degree of descent.
10	Uninterested	not interested in something; having no interest/ not interested; not having any interest or property in something specified; not personally concerned: as, to be uninterested in business/ not having the mind or the passions engaged: as, to be uninterested in a discourse or narration.
11	Withdrawn	emotionally unresponsive or socially detached; introverted or aloof, introvert.

Fatigue (physical or mental weariness resulting from effort or activity/ something, such as tiring effort or activity, that causes tiredness or weariness/ the decreased capacity or complete inability of an organism, organ, or part to function normally because of excessive stimulation or prolonged exertion)

#	Word	Definition
1	Depleted	extremely tired; exhausted or worn out.
2	Exhausted	same as burned-out, used up; completely consumed.
3	Lethargic	morbidly sluggish or drowsy; dull.
4	Listless	lacking energy or disinclined to exert effort; lethargic.
5	Sleepy	ready for or needing sleep/ sluggish from sleep.
6	Tired	exhausted of strength or energy; fatigued/ impatient; bored.
7	Worn Out	damaged and useless due to hard or continued use/ exhausted or fatigued from exertion.

Pain (an unpleasant feeling occurring as a result of injury or disease, usually localized in some part of the body/ psychological pain, mental pain, or emotional pain is an unpleasant feeling (a suffering) of a psychological, non-physical origin)

#	Word	Definition
1	Agony	the suffering of intense physical or mental pain.
2	Anguished	the suffering of intense physical or mental pain.
3	Bereaved	mourning due to the death of a loved one.
4	Devastated	extremely upset and shocked.
5	Grief	deep mental anguish, as that arising from bereavement, or regret.
6	Heartbroken	suffering from or exhibiting overwhelming sorrow, grief, or disappointment.
7	Hurt	to experience injury or pain.
8	Lonely	dejected by the awareness of being alone.
9	Miserable	very uncomfortable or unhappy; wretched.
10	Regretful	full of regret; sorrowful or sorry.
11	Remorseful	full of remorse; impressed with a sense of guilt.

Vulnerable (susceptible to physical harm or damage/ susceptible to emotional injury, especially in being easily hurt)

#	Word	Definition
1	Fragile	easily broken, damaged, or destroyed/ lacking physical or emotional strength; delicate.
2	Guarded	protected; defended/ watched over; supervised/ cautious; restrained.
3	Helpless	unable to help oneself; powerless or incompetent/ lacking support or protection/ impossible to control; involuntary.
4	Insecure	not sure or certain; doubtful/ inadequately guarded or protected; unsafe/ not firm or fixed; unsteady.
5	Reserved	designated as unavailable except for a certain purpose or user; kept in reserve/ given to or marked by self-restraint and reticence.
6	Sensitive	capable of perceiving with a sense or senses/ responsive to external conditions or stimulation; having sensation.
7	Shaky	trembling or quivering; tremulous/ lacking soundness or sturdiness.

Angry (incensed or enraged/ having a menacing aspect; threatening)

#	Word	Definition
1	Enraged	feeling or showing anger; incensed or enraged/ indicative of or resulting from anger/ having a menacing aspect; threatening.
2	Furious	full of or characterized by extreme anger; raging/ full of intensity; energetic or fierce.
3	Indignant	moved by mixed emotions of anger and scorn; provoked by something regarded as unjust, ungrateful, or unworthy.
4	Livid	extremely angry; furious.
5	Outraged	deeply angered at something unjust or wrong.
6	Resentful	full of, characterized by, or inclined to feel indignant ill will.

Disquiet (to deprive of peace or rest; trouble/ absence of peace or rest; anxiety/ uneasy; restless)

#	Word	Definition
1	Agitated	troubled emotionally and usually deeply.
2	Alarmed	vigilance; excited by fear of approaching danger; agitated; disturbed.
3	Discombobulated	confused, embarrassed, upset/ broken, mixed up.
4	Disturbed	unsettled, broken up, or altered in structure or function/ being or resulting from being emotionally or mentally troubled/ showing symptoms of mental illness, severe psychosis, or neurosis.
5	Rattled	confused; flurried.
6	Restless	characterized by a lack of quiet, repose, or rest/ not able to rest, relax, or be still.
7	Shocked	surprised, startled, confused, or taken aback/ struck with fear, dread, or consternation.
8	Startled	extremely shocked/ excited by sudden surprise or alarm.
9	Surprised	showing an emotion due to an unexpected event/ taken unaware or suddenly and feeling astonishment.
10	Uncomfortable	experiencing physical discomfort/ ill at ease; uneasy/ causing anxiety; disquieting.
11	Uneasy	lacking a sense of security; anxious or apprehensive/ affording no ease or reassurance.
12	Unnerved	deprived of courage and strength.
13	Unsettled	not in a state of order or calmness; disturbed.
14	Upset	to disturb the functioning, order, or course.

Sad (showing, expressing, or feeling sorrow or unhappiness/ causing sorrow or gloom; depressing/ deplorable or inadequate; sorry)

#	Word	Definition
1	Depressed	low in spirits; dejected/ suffering from clinical depression.
2	Despair	to lose all hope/ to be overcome by a sense of futility or defeat.
3	Disappointed	thwarted in hope, desire, or expectation.
4	Discouraged	having lost confidence or hope; dejected; disheartened/ lacking in resolution.
5	Gloomy	partially or totally dark, especially dismal and dreary.
6	Heavy Hearted	sorrowful; melancholy; dejected.
7	Hopeless	characterized by despair.
8	Melancholy	sadness or depression of the spirits; gloom/ pensive reflection or contemplation.
9	Unhappy	not happy or joyful; sad or sorrowful/ not satisfied; displeased or discontented/ not attended by or bringing good fortune; unlucky.

Yearning (a persistent, often melancholy desire; a longing)

#	Word	Definition
1	Envious	feeling, expressing, or characterized by envy.
2	Jealous	envious or resentful of the good fortune or achievements of another/ fearful or wary of losing one's position or situation to someone else/ having to do with or arising from feelings of envy, apprehension, or bitterness.
3	Longing	a strong persistent yearning or desire, especially one that cannot be fulfilled/ an eager desire; an earnest wish or craving.
4	Nostalgic	a bittersweet longing for things, persons, or situations of the past/ the condition of being homesick; homesickness.

Aversion (fixed, intense dislike; repugnance/ a feeling of repugnance toward something with a desire to avoid or turn from it)

#	Word	Definition
1	Animosity	bitter hostility or open enmity; active hatred.
2	Appalled	struck with fear, dread, or consternation/ shocked, horrified by something unpleasant.
3	Contempt	the feeling or attitude of regarding someone or something as inferior, base, or worthless; scorn/ the state of being despised or dishonored.
4	Disgusted	filled with disgust or irritated impatience/ having a strong distaste
5	Dislike	to regard with distaste or aversion/ an attitude or a feeling of distaste or aversion/ to annoy; vex; displease.
6	Hate	to feel strong dislike for or hostility toward/ to feel dislike or distaste for.
7	Horrified	showing or indicating great shock or horror.
8	Hostile	of, relating to, or characteristic of an enemy/ feeling or showing enmity or ill will/ being in opposition; opposed.
9	Repulsed	to drive back; repel.