

EMOTIONAL VOCABULARY – compiled by Gerald Grow

Emotional Vocabulary – Positive Feelings

Mild		Moderate		Strong
Merry Good	Glad Cheerful	Jolly Happy	Thrilled Joyful	Elated Ecstatic
Pleased	Amused	Delighted	Successful	Proud
Interested	Aroused, alert	Stimulated, keen	Enthusiastic Excited	Lustful Ardent Passionate Voracious
Liked	Cared for	Loved	Adored	Idolized
Alert	Intense	Vibrant	Zestful	Jubilant Alive, Free
Relaxed	Complacent	Calm Contented Comfortable	Peaceful Stress-free	Tranquil
Spunky Game	Adventurous	Daring Bold, Confident	Brave Valiant	Courageous Intrepid
O.K.	Confident	Capable	Determined Positive	Forceful Dedicated
Safe	Unthreatened	Protected	Secure	Invulnerable
Interested	Attentive	Engaged	Involved	Fascinated
Attractive	Interesting	Appealing	Seductive	Sexy
Approved	Appreciated	Important	Admired	Worthy Respected
Active	Energetic	Enlivened	Invigorated	Vital
Conscious	Perceptive	Understanding	Tuned in	Intuitive
Nice looking	Pretty	Attractive	Beautiful	Gorgeous
Curious	Interested Attracted	Engaged	Enthusiastic Immersed	Devoted Fascinated Obsessed
Intact	Solid Full	Centered Together	Unified Integrated	Whole Complete
Confident	Certain	Decisive	Determined	Resolute
Inclined	Willing	Ready	Eager	Wholehearted
Like	Wish for	Want	Desire	Crave
Cheerful	Happy	Joyful	Ecstatic	Blissed out
Adequate	Satisfactory	Plentiful	Bountiful	Lavish
Satisfied	Full	Sated	Gorged	Stuffed

Emotional Vocabulary – Negative Feelings

Mild		Moderate		Strong
Upset Irritated	Fed up Annoyed Aggravated	Mad Angry	Infuriated Furious	Irate, enraged Hostile Hateful
Blue, down Blah, low Sad	Downcast Sorrowful Alone	Forlorn Dismayed Disheartened	Woeful Gloomy Despondent	Dejected Depressed Suicidal
Bashful	Shy Sensitive	Embarrassed timid	Hurt	Humiliated Rejected
Concerned Uncomfortable	Scared Uneasy	Afraid Frightened	Horrified	Terrified
On edge	Troubled		Apprehensive	Anxious
Unimportant	Insignificant	Inadequate	Ineffectual	Useless Worthless
Puzzled	Baffled Mixed-up	Unsure Confused	Bewildered	Disoriented
Indecisive	Uncertain	Perplexed	Disoriented	Overwhelmed Panicky
Edgy Fidgety	Jittery Tense, keyed up	Nervous Shaky	Uptight	Out of control
Restless, antsy	Impatient	Fretful	Demanding	Overbearing, irascible
Let down	Disappointed	Disconsolate	Desolate	Crushed, heartbroken, devastated
Uneasy, doubtful	Distrustful Skeptical	Apprehensive Wary	Suspicious	Incredulous
Challenged	Frustrated	Ineffective	Helpless	Futile Incapacitated Paralyzed
Defeated	Dismayed	Discouraged	Despondent	Hopeless Despairing
Tired	Weary	Listless	Fatigued Lethargic	Exhausted
Sorry	Worn out	Regretful	Ashamed	Guilty
Hesitant	Doubtful	Reluctant	Disinclined	Averse
Competitive	Covetous	Jealous	Envious	Spiteful
Struck	Surprised	Startled	Shocked	Astounded Overwhelmed
Unconcerned	Uninterested	Indifferent	Ambivalent	apathetic
Disappointed	Disillusioned	Bitter	Resentful	Revengeful
Dislike	Detest	Loathe	Hate	Abhor
Bothered	Upset	Dissatisfied Displeased	Disgusted Repelled Sickened Offended	Horrified Nauseated Appalled
Uneasy	Squeamish	Queasy	Disgusted	Nauseated
Goofy Giddy Obsessive	Distraught Distracted	Neurotic	Desperate Raving Demented Deranged	Frantic Manic Psychotic
Scattered	Uncentered De-centered	Disoriented	Fragmented	Obliterated Splintered
Incomplete	Lacking	Inadequate	Deficient	Defective
Hesitant	Unsure	Undecided Wavering	Vacillating	Indecisive Spineless
Firm	Decided	Stubborn	Rigid Uncompromising	Obdurate Adamant Relentless
Whimsical	Frivolous	Capricious	Flighty	Erratic
Elusive	Evasive	Avoiding	Departing	Fleeing

Ignored Left Out	Spurned Excluded	Rejected	Repudiated Renounced Scorned Disdained	Disowned Orphaned Discarded
Outdone Compliant	Bested Submissive	Defeated Downtrodden	Overpowered Resigned	Overwhelmed Conquered Subjugated Broken
Puckish	Mischievous	Naughty	Rowdy	Devilish
Guarded	Restrained Restricted	Inhibited	Confined	Suppressed Stifled
Challenging	Audacious	Rebellious	Defiant	Contemptuous
Sorry	Regretful Rueful	Penitent Contrite	Remorseful	Conscience- Stricken
Dull Uninteresting	Flat, Blah	Tedious, Stuffy	Insipid, Barren	Dreary, Dead
Apprehensive	Fearful	Afraid	Frightened	Terrified