

WORDS TO NAME AND DESCRIBE EMOTIONS

Abandoned	Burdened	Discontented	Frigid
Abused	Bushed	Discouraged	Frisky
Adequate	Calm	Disgusted	Frustrated
Affectionate	Carefree	Dishonest	Funny
Afraid	Caring	Dismayed	Furious
Aggravated	Cautious	Disorganized	Generous
Aggressive	Close	Displeased	Giddy
Aggrieved	Clumsy	Dissatisfied	Glad
Agitated	Cold	Distant	Gloomy
Agonized	Comfortable	Distasteful	Grateful
Airy	Comforted	Disturbed	Greedy
Alarmed	Committed	Dominant	Grief-stricken
Ambiguous	Compassionate	Down-in-the-dumps	Grieving
Ambivalent	Concentrating	Dreamy	Grim
Angry	Confident	Dull	Groovy
Annoyed	Conflicted	Dumb	Grumpy
Anxiety	Confused	Dutiful	Guilty
Anxious	Considerate	Eavesdropping	Gutless
Apologetic	Contemptuous	Ebullient	Happy
Appealing	Content	Ecstatic	Hateful
Apprehensive	Contrary	Edgy	Heavenly
Argumentative	Cool	Elated	Helpless
Arrogant	Cooperative	Embarrassed	Heroic
Ashamed	Courageous	Empathetic	Hesitant
Assertive	Cross	Encouraged	High
At ease	Cuddly	Energetic	Hilarious
Aware	Curious	Enraged	Honest
Awkward	Dead-eyed	Enthusiastic	Hopeful
Bashful	Defeated	Envious	Hopeless
Beaten	Defensive	Evasive	Horrified
Bellicose	Deferential	Exasperated	Hostile
Belligerent	Defiant	Excited	Hot
Bewildered	Delighted	Exhausted	Humble
Bitter	Demure	Explosive	Humiliated
Blah	Dependent	Exuberant	Hungover
Blissful	Depressed	Fearful	Hurt
Blocked	Desolate	Floating	Hysterical
Blue	Desperate	Foolish	Icky
Bored	Destroyed	Forgiven	Idiotic
Bothered	Determined	Forgiving	Immature
Breathless	Diminished	Forlorn	Immobilized
Bright	Disagreeable	Frail	Impaired
Brilliant	Disappointed	Frantic	Impatient
Bubbly	Disapproving	Free-floating	Important
Bugged	Disbelieving	Frightened	Impotent

Inadequate	Open	Self-absorbed	Trapped
Incensed	Optimistic	Self-assured	Trusting
Indecisive	Outraged	Self-blame	Two-faced
Independent	Overjoyed	Sexual	Ugly
Indifferent	Overlooked	Shaky	Unappreciated
Indignant	Overwhelmed	Shame	Uncertain
Ineffective	Pained	Sharp	Uncomfortable
Ineffectual	Panicky	Sheepish	Uncommunicative
Infantile	Paralyzed	Shocked	Undecided
Innocent	Paranoid	Shut-out	Undeserving
Insecure	Peeved	Shy	Understanding
Inspired	Pensive	Sick	Uneasy
Insulted	Perplexed	Silly	Unglued
Interested	Petrified	Smiley	Unhappy
Irascible	Pissed	Smug	Unloved
Irresponsible	Pitiful	Sorrowful	Unnatural
Irritated	Played-out	Sorry	Unprepared
Isolated	Playful	Spineless	Unselfish
Itchy	Pooped	Stagnated	Unsociable
Jealous	Powerful	Starry-eyed	Unsure
Jolly	Powerless	Stormy	Unworthy
Joyful	Privileged	Stretched	Upset
Judgmental	Proud	Strong	Uptight
Lively	Prudish	Stubborn	Used
Loaded	Puzzled	Stupid	Vacant
Lonely	Quarrelsome	Submissive	Vexed
Lost	Quiet	Sullen	Vigorous
Lousy	Quivery	Sunshiny	Virile
Loved	Reckless	Surly	Warm
Lovestruck	Refreshed	Surprised	Warm-hearted
Loving	Regretful	Suspicious	Weak
Low	Rejected	Sweaty	Weepy
Mad	Rejuvenated	Sympathetic	Whiny
Magnanimous	Relaxed	Talkative	Wild
Martyred	Relieved	Taut	Willful
Mean	Repressed	Tearful	Wilted
Meditative	Repulsive	Tender	Wimpy
Meek	Resentful	Tense	Wishy-washy
Merry	Resourceless	Terrified	Withdrawn
Mischievous	Respected	Thankful	Worried
Miserable	Responsible	Thoughtful	Worthless
Mistreated	Restless	Threatened	Zingy
Mixed-up	Romantic	Tickled-to-death	
Nauseated	Sad	Timid	
Negative	Safe	Tired	
Neglected	Satisfied	Tolerant	
Nervous	Scared	Tormented	
Obstinate	Seductive	Torrid	
Offended	Seething	Touchy	