

LIST OF EMOTIONS (A-Z)

We have a complex thinking system. Being aware of, listening to and managing our emotions is a key part of facing and responding to tough times.

A

Abandoned
Absent
Abused
Accepted
Acclaimed
Accused
Adamant
Adequate
Adoring
Affectionate
Affirmed
Afraid
Agonised
Alarmed
Alienated
Ambivalent
Angry
Annoyed
Anxious
Apathetic
Appreciated
Astounded
Attractive
Averse
Awed
Awkward

B

Bad
Beaten
Beautiful
Betrayed
Bewildered
Bitter
Blasé
Blissful
Bold
Bored
Brave
Burdened
Burned out

C

Cagey
Callous
Calm
Carefree
Clever
Comfortable
Compliant
Concerned
Confident
Conned
Cornered
Cowardly
Creative
Cranky
Cruel
Curious
Cut off
Cynical

D

Daring
Daunted
Deceitful
Defeated
Delighted
Dependent
Depressed
Desperate
Destructive
Determined
Different
Diminished
Dirty
Disappointed
Disconnected
Dismayed
Dissatisfied
Distracted
Distraught
Disturbed
Divided

Dubious
Dull
Dumb

E

Eager
Easy-going
Ecstatic
Elated
Electrified
Embarrassed
Empty
Enchanted
Energetic
Envious
Euphoric
Evasive
Exasperated
Excited
Exhausted
Exhilarated
Explosive

F

False
Fantastic
Fatigued
Fawning
Fearful
Flustered
Foolish
Frantic
Free
Fresh
Fretful
Friendly
Frightened
Frigid
Frustrated
Full
Funny

G

Generous
Gentle
Glad
Glowing
Good
Gorgeous
Grateful
Greedy
Grieving
Guilty
Gullible
Gutless
Gutted

H

Happy
Hassled
Hateful
Helpful
Helpless
High
Hollow
Homesick
Honoured
Hopeful
Hopeless
Horrible
Hostile
Humble
Hurt
Hyper
Hysterical

I

Idiotic
Ignored
Immobilised
Impatient
Imposed upon
Impulsive
Inattentive

Incompetent
Independent
Infatuated
Inferior
Infuriated
Impressed
Inadequate
Inhibited
Insecure
Insincere
Inspired
Intimidated
Involved
Isolated

J

Jaded
Jealous
Jinxed
Joyous
Jubilant
Judgemental
Jumpy

K

Keen
Kind

**REACH
OUT.COM**

LIST OF EMOTIONS CONT.

L

Lazy
Left out
Lethargic
Likeable
Like a loser
Logical
Lonely
Lousy
Lovable
Loving
Low
Loyal
Lustful

M

Mad
Manic
Manipulated
Maternal
Merry
Miserable
Misunderstood
Mixed-up
Motivated
Mystified

N

Nasty
Needy
Negative
Nervous
Nice
Nostalgic
Numb

O

Oblivious
Obsessed
Odd
Offended
Opposed
Overwhelmed

Optimistic
Overlooked
Owed
Outraged

P

Pain
Panicked
Paranoid
Passionate
Pathetic
Peaceful
Peeved
Persecuted
Petrified
Pissed off
Playful
Pleasant
Possessive
Powerful
Powerless
Preoccupied
Pressured
Pushy
Put out
Puzzled

Q

Quarrelsome
Queasy
Quiet

R

Rational
Relaxed
Refreshed
Rejected
Relieved
Reserved
Restless
Restrained
Ravenous
Reborn
Reckless

Remorseful
Repulsive
Revengeful
Revolted
Romantic
Rueful

S

Sad
Safe
Sapped
Satisfied
Scared
Screwed up
Self-confident
Selfish
Sensitive
Settled
Shallow
Shame
Shocked
Shy
Silly
Sluggish
Sorry
Squashed
Spiritual
Strained
Stumped
Stunned
Stupid
Sulky
Sure
Surprised
Suspicious

T

Taunted
Teased
Tempted
Tense
Threatened
Thrilled
Tired

Torn
Touched
Touchy
Trapped
Turned off

U

Unctuous
Undervalued
Uneasy
Unprotected
Unsafe
Unsociable
Unwanted
Uprooted
Upset
Uptight
Used
Useless

V

Vain
Valued
Vicious
Violent
Vivacious
Vulnerable

W

Wanted
Warped
Weak
Wicked
Wilful
Wishy-washy
Wonderful
Worthless
Worried
Worthy
Wronged

Z

Zany
Zealous