

Emotions List

I am feeling



happy
relieved
glad
cheerful
delighted
excited
joyful
relaxed
loving
proud
confident
brave



worried
unsure
nervous
afraid
frightened
intimidated
fearful
panicky
rejected
stressed
shocked



sad
disappointed
hopeless
miserable
devastated
powerless
overwhelmed
vulnerable
lonely
isolated
guilty
hurt
confused



disgusted offended revolted uncomfortable
horrified ashamed disapproving



angry annoyed agitated frustrated mad
outraged furious fed up irritated defensive
embarrassed