

Words That Describe Emotions

Happiness

- content
- glad
- hopeful
- peaceful
- relaxed
- satisfied
- alive
- amused
- amazed
- relieved
- proud
- grateful
- appreciated
- assured
- proud
- confident
- delighted
- ecstatic
- joyful
- determined
- optimistic
- cheerful
- thrilled
- exuberant
- enthusiastic
- excited
- energized
- jubilant
- uplifted
- elated

Sadness

- alienated
- ashamed
- blue
- burdened
- dejected
- depressed
- defeated
- demoralized
- devastated
- disappointed
- discouraged
- disenchanting
- disheartened
- disillusioned
- distraught
- distressed
- drained
- empty
- exhausted
- hurt
- helpless
- hopeless
- inadequate
- lonely
- lost
- miserable
- mournful
- pitiful
- rejected
- resigned
- somber
- sorrowful
- sorry
- terrible
- unappreciated
- unloved
- unwanted
- worthless

Anger

- agitated
- anguished
- annoyed
- appalled
- betrayed
- bothered
- disgusted
- cheated
- enraged
- exasperated
- frustrated
- fuming
- furious
- hateful
- hostile
- irritated
- mad
- offended
- outraged
- repulsed
- resentful
- seething
- spiteful
- upset
- vindictive
- vengeful

Disgust

- abhorred
- appalled
- betrayed
- cheated
- disgusted
- loathing
- repulsed
- revolted
- sickened

Fear

- afraid
- alarmed
- anxious
- apprehensive
- concerned
- defensive
- desperate
- fearful
- frantic
- frightened
- hesitant
- horrified
- insecure
- intimidated
- nervous
- overwhelmed
- panicked
- petrified
- reluctant
- shaken
- shy
- skeptical
- startled
- stressed
- suspicious
- tense
- terrified
- threatened
- timid
- uneasy
- vulnerable

Surprise / Confusion

- astonished
- awkward
- baffled
- bewildered
- distracted
- doubtful
- foggy
- gobsmacked
- lost
- perplexed
- puzzled
- shocked
- stunned
- surprised
- torn
- uncertain
- undecided
- unsure

Contempt

- condescending
- contemptuous
- disdainful
- scornful
- spiteful