**Emotion Words Checklist**

**Calm–relaxed**

at ease

at peace

comforted

comfortable

complacent

composed

contented

cozy

mellow

peaceful

relieved

rested

safe

serene

soothed

stress-free

tranquil

unruffled

**Fortunate–lucky**

blessed

fortunate

privileged

well-off

**Joyful–elated**

blissful

cheerful

delighted

ecstatic

enthusiastic

euphoric

exhilarated

exultant

fantastic

glad

gleeful

happy

hopeful

jubilant

lighthearted

optimistic

overjoyed

thrilled

**Appreciative–grateful**

beholden

indebted

obliged

thankful

**Pleased–proud**

confident

fulfilled

honored

satisfied

successful

triumphant

victorious

**Able–competent**

capable

clever

effective

experienced

fit

intelligent

knowledgeable

proficient

skilled

successful

talented

**Deserving–worthy**

admirable

entitled

justified

praiseworthy

**Vigorous–active**

adventurous

alert

alive

ambitious

animated

bubbly

daring

dynamic

energetic

forceful

free

invigorated

lively

reckless

refreshed

renewed

revitalized

spirited

strong

vibrant

vivacious

wild

**Cared for–loved**

accepted

adored

appreciated

attached

bonded

cherished

desired

important

included

needed

protected

prized

respected

secure

supported

treasured

trusted

understood

valued

wanted

worshipped

**Caring–loving**

accepting

adoring

affectionate

comforting

compassionate

considerate

devoted

empathic

fond

forgiving

gentle

giving

helpful

interested

kind

nice

protective

receptive

responsive

sensitive to

sorry for

sympathetic

tender

thoughtful

understanding

warm

**Completed–finished**

accomplished

concluded

done

fulfilled

**Enthused–inspired**

eager

encouraged

enlightened

enriched

excited

galvanized

impassioned

impressed

motivated

moved

stimulated

stirred

uplifted

**Determined–persistent**

compelled

driven

obstinate

persevering

stubborn

tenacious

**Surprised–shocked**

alarmed

amazed

astonished

astounded

at a loss

awestruck

flabbergasted

horrified

immobilized

numb

shaken

speechless

startled

stunned

taken aback

**Overwhelmed–overcome**

dazed

intimidated

out of control

in over your head

paralyzed

stressed

**Anxious–nervous**

agitated

apprehensive

edgy

fidgety

frantic

fretful

ill at ease

insecure

jumpy

jittery

panicky

nervous

on edge

restless

tense

uptight

worried

uneasy

unnerved

wound up

**Disgusted–sickened**

appalled

nauseated

offended

repelled

repulsed

revolted

turned off

**Bothered–upset**

annoyed

burdened

concerned

dismayed

distressed

distraught

disturbed

perturbed

troubled

rattled

troubled

unbalanced

unhappy

**Afraid–frightened**

fearful

petrified

scared

terrified

**Contemptuous–scornful**

condescending

derisive

disapproving

disdainful

disparaging

disrespectful

scornful

superior

**Angry–annoyed**

aggravated

cross

enraged

exasperated

frustrated

fuming

furious

heated

incensed

indignant

infuriated

irate

irked

irritated

livid

mad

miffed

outraged

pissed off

provoked

ticked off

**Helpless–powerless**

defenseless

dependent

feeble

vulnerable

**Sad–depressed**

blue

distraught

defeated

dejected

demoralized

desolate

despondent

discouraged

disheartened

down

empty

forlorn

gloomy

glum

grieving

hopeless

low

melancholic

miserable

morose

mournful

pessimistic

somber

sorrowful

tearful

unhappy

woeful

wretched

**Shamed–embarrassed**

ashamed

chastened

crestfallen

defamed

degraded

discredited

disgraced

dishonored

exposed

humbled

humiliated

mortified

scorned

**Guilty–remorseful**

culpable

apologetic

at fault

bad

blameworthy

in the wrong

regretful

remorseful

sorry

to blame

**Inadequate–incompetent**

deficient

impaired

imperfect

incapable

incompetent

ineffective

inefficient

inept

inferior

insignificant

insufficient

lacking

laughable

not enough

pathetic

powerless

small

stupid

unable

unacceptable

unfit

unimportant

unqualified

unworthy

useless

worthless

**Fatigued–tired**

beat

below par

done for

done in

drained

exhausted

pooped

run down

sleepy

sluggish

under the weather

washed out

weary

wiped out

worn out

**Apathetic–indifferent**

bored

dispirited

lazy

lethargic

listless

lukewarm

resigned

run down

unconcerned

uninterested

**Confused–puzzled**

baffled

befuddled

bewildered

clouded

disorganized

doubtful

flustered

in disarray

mixed up

muddled

mystified

perplexed

puzzled

stuck

tangled

**Ambivalent–conflicted**

at odds

hesitant

indecisive

mixed

of two minds

torn

uncertain

undecided

unsure

**Hurt–betrayed**

accused

belittled

blamed

cheated

criticized

crushed

disappointed

forsaken

judged

injured

let down

mistreated

victimized

overlooked

pained

put down

wounded

**Obstinate–immovable**

inflexible

intractable

willful

**Obsessive–compulsive**

fanatical

fixated

neurotic

possessed

preoccupied

**Lonely–unloved**

abandoned

alienated

alone

apart

burdensome

cut off

deserted

desolate

discounted

disliked

distant

excluded

forlorn

friendless

homesick

ignored

in the way

isolated

left out

lonesome

lost

neglected

overlooked

rejected

uncared for

unpopular

unwanted

unwelcome

**Abused–bullied**

battered

controlled

dominated

exploited

harmed

hurt

ill-treated

injured

intimidated

intruded upon

maltreated

mistreated

molested

overpowered

pushed around

put upon

used

**Jealous–envious**

bitter

covetous

desirous

green with envy

paranoid

suspicious

**Mistrustful–suspicious**

cautious

guarded

hesitant

inhibited

reluctant

wary