

Emotion Words Checklist

Calm-relaxed

at ease	composed	relieved	stress-free
at peace	contented	rested	tranquil
comforted	cozy	safe	unruffled
comfortable	mellow	serene	
complacent	peaceful	soothed	

Fortunate-lucky

blessed	fortunate	privileged	well-off
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Joyful-elated

blissful	euphoric	gleeful	optimistic
cheerful	exhilarated	happy	overjoyed
delighted	exultant	hopeful	thrilled
ecstatic	fantastic	jubilant	
enthusiastic	glad	lighthearted	

Appreciative-grateful

beholden	indebted	obliged	thankful
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Pleased-proud

confident	honored	successful	victorious
fulfilled	satisfied	triumphant	

Able-competent

capable	experienced	knowledgeable	successful
clever	fit	proficient	talented
effective	intelligent	skilled	

Deserving-worthy

admirable	entitled	justified	praiseworthy
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Vigorous-active

adventurous	daring	lively	strong
alert	dynamic	reckless	vibrant
alive	energetic	refreshed	vivacious
ambitious	forceful	renewed	wild
animated	free	revitalized	
bubbly	invigorated	spirited	

Cared for-loved

accepted	desired	respected	valued
adored	important	secure	wanted
appreciated	included	supported	worshipped
attached	needed	treasured	
bonded	protected	trusted	
cherished	prized	understood	

Caring-loving

accepting	empathic	kind	sympathetic
adoring	fond	nice	tender
affectionate	forgiving	protective	thoughtful
comforting	gentle	receptive	understanding
compassionate	giving	responsive	warm
considerate	helpful	sensitive to	
devoted	interested	sorry for	

Completed-finished

accomplished	concluded	done	fulfilled
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Enthusied-inspired

eager	excited	impressed	stimulated
encouraged	galvanized	motivated	stirred
enlightened	impassioned	moved	uplifted
enriched			

Determined-persistent

compelled	obstinate	stubborn	tenacious
driven	persevering		

Surprised-shocked

alarmed	at a loss	immobilized	startled
amazed	awestruck	numb	stunned
astonished	flabbergasted	shaken	taken aback
astounded	horrified	speechless	

Overwhelmed-overcome

dazed	out of control	paralyzed	stressed
intimidated	in over your head		

Anxious-nervous

agitated	fretful	panicky	uptight
apprehensive	ill at ease	nervous	worried
edgy	insecure	on edge	uneasy
fidgety	jumpy	restless	unnerved
frantic	jittery	tense	wound up

Disgusted-sickened

appalled	offended	repulsed	turned off
nauseated	repelled	revolted	

Bothered-upset

annoyed	distressed	perturbed	troubled
burdened	distraught	troubled	unbalanced
concerned	disturbed	rattled	unhappy
dismayed			

Afraid-frightened

fearful	petrified	scared	terrified
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Contemptuous-scornful

condescending	disapproving	disparaging	scornful
derisive	disdainful	disrespectful	superior

Angry-annoyed

aggravated	furious	irate	miffed
cross	heated	irked	outraged
enraged	incensed	irritated	pissed off
exasperated	indignant	livid	provoked
frustrated	infuriated	mad	ticked off
fuming			

Helpless-powerless

defenseless	dependent	feeble	vulnerable
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Sad-depressed

blue	discouraged	grieving	pessimistic
distraught	disheartened	hopeless	somber
defeated	down	low	sorrowful
dejected	empty	melancholic	tearful
demoralized	forlorn	miserable	unhappy
desolate	gloomy	morose	woeful
despondent	glum	mournful	wretched

Shamed-embarrassed

ashamed	degraded	dishonored	humiliated
chastened	discredited	exposed	mortified
crestfallen	disgraced	humbled	scorned
defamed			

Guilty-remorseful

culpable	bad	regretful	sorry
apologetic	blameworthy	remorseful	to blame
at fault	in the wrong		

Inadequate-incompetent

deficient	inept	pathetic	unimportant
impaired	inferior	powerless	unqualified
imperfect	insignificant	small	unworthy
incapable	insufficient	stupid	useless
incompetent	lacking	unable	worthless
ineffective	laughable	unacceptable	
inefficient	not enough	unfit	

Fatigued-tired

beat	drained	sleepy	weary
below par	exhausted	sluggish	wiped out
done for	pooped	under the weather	worn out
done in	run down	washed out	

Apathetic-indifferent

bored	lethargic	resigned	unconcerned
dispirited	listless	run down	uninterested
lazy	lukewarm		

Confused-puzzled

baffled	disorganized	mixed up	puzzled
befuddled	doubtful	muddled	stuck
bewildered	flustered	mystified	tangled
clouded	in disarray	perplexed	

Ambivalent-conflicted

at odds	mixed	torn	undecided
hesitant	of two minds	uncertain	unsure
indecisive			

Hurt-betrayed

accused	crushed	injured	overlooked
belittled	disappointed	let down	pained
blamed	forsaken	mistreated	put down
cheated	judged	victimized	wounded
criticized			

Obstinate-immovable

inflexible	intractable	willful
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Obsessive-compulsive

fanatical	neurotic	preoccupied
fixated	possessed	

Lonely-unloved

abandoned	desolate	homesick	neglected
alienated	discounted	ignored	overlooked
alone	disliked	in the way	rejected
apart	distant	isolated	uncared for
burdensome	excluded	left out	unpopular
cut off	forlorn	lonesome	unwanted
deserted	friendless	lost	unwelcome

Abused-bullied

battered	hurt	intruded upon	overpowered
controlled	ill-treated	maltreated	pushed around
dominated	injured	mistreated	put upon
exploited	intimidated	molested	used
harmcd			

Jealous-envious

bitter	desirous	paranoid
covetous	green with envy	suspicious

Mistrustful-suspicious

cautious	hesitant	reluctant
guarded	inhibited	wary