



List of Emotions

Sometimes, we may go through a range of emotions but have a really hard time naming them. Below is a list of emotions to help name how you are feeling.

Happy	Lonely	Worried
Amused	Unhappy	Desperate
Prideful	Hopeless	Surprised
Excited	Gloomy	Embarrassed
Ecstatic	Miserable	Ashamed
Joyful	Disgusted	Resentful
Delighted	Repulsed	Bored
Astonished	Nauseated	Tired
Pleased	Offended	Annoyed
Glad	Horrificed	Frustrated
Content	Disappointed	Bitter
Relaxed	Jealous	Infuriated
Calm	Anxious	Angry
Amazed	Scared	Mad
Loving	Panicked	Insulted
Confident	Stressed	Vengeful
Charmed	Afraid	Surprised