

# Emotion Vocabulary

Use this list to help you more accurately identify and articulate your emotions.

## HAPPY

Amused  
Creative  
Daring  
Delightful  
Energetic  
Excited  
Fascinated  
Joyful  
Playful  
Radiant  
Sexy  
Stimulated

## POWERFUL

Appreciated  
Cheerful  
Confident  
Faithful  
Hopeful  
Intelligent  
Important  
Proud  
Respected  
Satisfied  
Valuable  
Worthwhile

## PEACEFUL

Content  
Grateful  
Intimate  
Loved  
Nurtured  
Pensive  
Relaxed  
Responsive  
Sentimental  
Serene  
Thoughtful  
Trusted

## SAD

Apathetic  
Ashamed  
Bashful  
Bored  
Depressed  
Guilty  
Inadequate  
Lonely  
Miserable  
Sorrowful  
Sleepy  
Stupid

## SCARED

Anxious  
Bewildered  
Confused  
Discouraged  
Embarrassed  
Foolish  
Helpless  
Insignificant  
Insecure  
Rejected  
Submissive  
Weak

## MAD

Angry  
Critical  
Frustrated  
Furious  
Hateful  
Hostile  
Hurt  
Irritated  
Jealous  
Rage  
Selfish  
Skeptical

