



Feelings Word List

God gave each of us emotions, but knowing how to talk about them can be complicated and confusing for us. In many cases, most of us don't know or understand what words to use when describing how we feel. So, this Feelings Word List is a helpful word-reference guide to accurately describe feelings and emotions.

When it is difficult to name an emotion, look at this list below to help pinpoint your feelings. By putting a name to the emotion that you are experiencing, it will be easier for you to express your feelings to others and ask for what you need in a relationship.

1. Happy

Accepted, amused, appreciative, attentive, cheerful, courageous, delighted, ecstatic, elated, encouraged, fulfilled, grateful, hopeful, important, intimate, joyful, liberated, loving, optimistic, peaceful, playful, pleased, proud, relieved, respected, satisfied, secure, thrilled

2. Sad

Abandoned, alone, apathetic, blue, bored, burdened, crushed, dejected, despair, depressed, detached, devastated, disinterested, empty, forgotten, gloomy, grief-stricken, grieved, heartbroken, heavy, hopeless, ignored, indifferent, isolated, lonely, melancholy, miserable, neglected, outcast, pessimistic, powerless, somber, unhappy, victimized, weepy

3. Disgust

Abhorrent, ashamed, aversion, awful, avoidant, contempt, detestable, disappointed, disillusioned, distrustful, embarrassed, guilty, hesitant, incompetent, inept, judgmental, let down, loathe, repugnant, revolting, revulsed, stupid, timid, ugly, unacceptable

4. Fear

Afraid, alienated, anxious, apprehensive, cautious, distracted, distressed, frightened, hypervigilant, inadequate, indecisive, insecure, insignificant, jilted, nauseated, nervous, overwhelmed, panicky, rejected, scared, tense, terrified, uneasy, unsure, worried

5. Anger

Accused, aggravated, annoyed, bitter, cold, concerned, contentious, controlled, critical, crushed, defensive, devastated, distant, embarrassed, enraged, exposed, frustrated, furious, grouchy, grumpy, hateful, hostile, hurt, icy, incensed, indignant, infuriated, insulted, irritated, jaded, jealous, livid, mad, manipulated, offended, provoked, rage, rebellious, resentful, riled, sarcastic, scolding, scornful, skeptical, slighted, snapped, suspicious, testy, threatened, used, vengeful, violated, vulnerable, withdrawn

6. Surprise

Amazed, astonished, curious, blown away, confused, dazzled, disconcerted, dumbfounded, delighted, eager, enchanted, energetic, enthusiastic, excited, horrified, impressed, in awe, inquisitive, mystified, perplexed, rattled, shocked, startled, stunned

Need more help understanding and working through your emotions? Call 800-NEW-LIFE.