

VOCABULARY OF EMOTIONS & EMOTIONAL EXPERIENCES

Anticipation
Excitement
Joyful
Happy
Calm
Content
Peaceful
Tranquil
Satisfied
Grateful
Relieved
Optimistic
Hopeful
Inspired
Passionate
Creative
Playful
Free

Purposeful
Empowered
Courageous
Powerful
Confident
Proud

Awe
Wonder
Astonished
Shocked
Surprised
Curious
Interested
Amused
Bittersweet
Nostalgic

Loved
Accepted
Included
Belonging
Connected
Admiration
Reverence
Loving

Empathy
Compassion
Self-Compassion
Sympathy
Pity

Envious
Jealous
Hurt
Disrespected
Betrayed
Violated
Resentful
Bitter
Contemptuous
Indignant
Disgusted
Hateful
Horrorified
Self-righteous

Impatient
Annoyed
Defensive
Angry
Aggression
Rage

Guilt
Inadequate
Worthless
Shame
Embarrassed
Humiliated
Rejected
Excluded
Weak
Depleted

Bored
Disconnected
Disengaged
Indifferent
Apathetic
Disappointed
Discouraged
Pessimistic
Frustrated
Resigned
Regret

Stressed
Hesitant
Cautious
Avoidant
Worried
Confused
Conflicted
Insecure
Uncertain
Vulnerable
Exposed
Anxious
Afraid
Dread
Overwhelmed
Panicked

Sad
Grieving
Powerless
Hopeless
Lonely
Invisible
Anguish