

Emotion Words

	Strong		Moderate		Mild	
Happy	Thrilled Cloud Nine Ecstatic Overjoyed Excited Elated Sensational Exhilarated Fantastic	On the Top Of the World Turned On Euphoric Enthusiastic Delighted Marvelous Great	Cheerful Lighthearted Happy Serene Wonderful Up	Aglow Glowing In High Spirits Jovial Riding High Elevated Neat	Glad Good Contented Satisfied	Gratified Pleasant Fine
Loving	Tenderness Toward Affection Captivated Attached To Devoted To Adoration	Loving Infatuated Enamored Cherish Idolize Worship	Caring Fond Of Regard Respectful Concerned For Hold Dear	Prize Taken With Turned On Trust Close	Warm Toward Friendly Like Positive Toward	
Lonely	Isolated Abandoned All Alone	Forsaken Cut Off Alienated	Lonely Estranged Remote	Alone Apart From Others Isolated From Others	Left Out Excluded Lonesome	Distrust Aloof
Ashamed	Unforgiveable Humiliated Disgraced Worthless Good for Nothing Washed Up Powerless Helpless Impotent	Horrible Mortified Exposed Crushed Inferior Emasculated Useless Finished Like a Failure	Ashamed Guilty Remorse Crummy Inadequate Whipped Defeated Incompetent Inept Overwhelmed Ineffective Lacking Deficient	To Blame Lose Face Demeaned Humbled Unable Incapable Small Insignificant Like Casper Milk Toast Unimportant No Good Immobilized	Regretful Wrong Embarrassed At Fault At Error Lacking Confidence Unsure of yourself Uncertain	Responsible Blew It Goofed Ammend Chagrined Weak Inefficient
Confused	Bewildered Puzzled Baffled Perplexed Trapped Confounded	In a Dilemma Befuddled In a Quandary Full of Questions Confused	Mixed Up Disorganized Foggy Troubled Adrift At Loose Ends Going Around In Circles	Frustrated Disconcerted Flustered In a Bind Ambivalent Disturbed Helpless Embroided	Unsure Uncertain Uncomfortable Undecided	
Sad	Desolate Dejected Hopeless Alienated Depressed Gloomy Dismal Bleak	In Despair Empty Barren Grieved Grief Despair Grim Sick At Heart	Distressed Upset Downcast Sorrowful Demoralized Discouraged Miserable Pessimistic	Tearful Weepy Rotten Awful Terrible Blue Melancholy	Unhappy Down Low Bad Blah Dissapointed Sad	
Hurt	Crushed Destroyed Ruined Degraded Pained Wounded Devastated Tortured	Disgraced Humiliated Anguished At The Mercy of Cast Off Forsaken Rejected Discarded	Hurt Belittled Shot Down Over Looked Abused Depreciated Criticized Defamed Censured Discredited Disparaged	Laughed At Mistreated Ridiculed Mocked Scoffed At Used Exploited Slammed Cheapened Debased	Put Down Neglected Minimized Let Down Unappreciated Taken For Granted	

	Strong		Moderate		Mild	
Scared	Terrified Frightened Intimidated Horried Desperate	Panicky Stage-fright Vulnerable Dread Paralyzed	Afraid Scared Fearful Apprehensive Shaky Threatened Distrustful	Risky Alarmed Butterflies Awkward Defensive Jumpy	Self Conscious On Edge Jittery Nervous Anxious Hesitant Timid	Shy Worried Uneasy Bashful Embarrassed Ill At Ease
Angry	Furious Enraged seething Outraged Infuriated Burned Up Pissed Off Fighting Mad	Nauseated Violent Indignant Hatred Bitter Vengeful Hateful Vicious	Resentful Turntable Hostile Annoyed Upset With Agitated Offended	Antagonistic Exasperated Belligerent Mean Vexed Spiteful vindictive	Impatient Uptight Disgusted Bugged Turned Off Put Off Miffed	Irked Perturbed Ticked Off Teed Off