

Your Emotional Vocabulary List

ANGER, APATHY, and HATRED

Soft Anger and Apathy

Annoyed ; Apathetic ; Bored ; Certain ; Cold ; Crabby ; Cranky ; Critical ; Cross ; Detached ; Displeased ; Frustrated ; Impatient ; Indifferent ; Irritated ; Peeved ; Rankled

Medium Anger

Affronted ; Aggravated ; Angry ; Antagonized ; Arrogant ; Bristling ; Exasperated ; Incensed ; Indignant ; Inflamed ; Mad ; Offended ; Resentful ; Riled up ; Sarcastic

Intense Anger and Hatred

Aggressive ; Appalled ; Belligerent ; Bitter ; Contemptuous ; Disgusted ; Furious ; Hateful Hostile ; Irate ; Livid ; Menacing ; Outraged ; Ranting ; Raving ; Seething ; Spiteful ; Vengeful ; Vicious ; Vindictive ; Violent

SHAME and GUILT

Soft Shame and Guilt

Abashed ; Awkward ; Discomfited ; Flushed ; Flustered ; Hesitant ; Humble ; Reticent ; Self-conscious ; Speechless ; Withdrawn

Medium Shame and Guilt

Ashamed ; Chagrined ; Contribute ; Culpable ; Embarrassed ; Guilty ; Humbled ; Intimidated Penitent ; Regretful ; Remorseful ; Reproachful ; Rueful ; Sheepish

Intense Shame and Guilt

Belittled ; Degraded ; Demeaned ; Disgraced ; Guilt-ridden ; Guilt-stricken ; Humiliated ; Mortified ; Ostracized
Self-condemning ; Self-flagellating ; Shamefaced ; Stigmatized

FEAR, ANXIETY and PANIC

Soft Fear and Anxiety

Alert ; Apprehensive ; Cautious ; Concerned ; Confused ; Curious ; Disconcerted ; Disoriented ; Disquieted ; Doubtful ; Edgy ; Fidgety ; Hesitant ; Indecisive ; Insecure ; Instinctive ; Intuitive ; Leery ; Pensive ; Shy ; Timid
Uneasy ; Watchful

Medium Fear and Anxiety

Afraid ; Alarmed ; Anxious ; Aversive ; Distrustful ; Fearful ; Jumpy ; Nervous ; Perturbed Rattled ; Shaky ; Startled ; Suspicious ; Unnerved ; Unsettled ; Wary ; Worried

Intense Fear and Panic

Filled with Dread ; Horrified ; Panicked ; Paralyzed ; Petrified ; Phobic ; Shocked ; Terrorized

JEALOUSY & ENVY

Soft Jealousy & Envy

Disbelieving ; Distrustful ; Insecure ; Protective ; Suspicious ; Vulnerable

Medium Jealousy & Envy

Covetous ; Demanding ; Desirous ; Envious ; Jealous ; Threatened

Intense Jealousy & Envy

Avaricious ; Gluttonous ; Grasping ; Greedy ; Green with Envy ; Persistently Jealous ; Possessive ; Resentful

HAPPINESS, CONTENTMENT, and JOY

Soft Happiness

Amused ; Calm ; Encouraged ; Friendly ; Hopeful ; Inspired ; Jovial ; Open ; Peaceful ; Smiling Upbeat

Medium Happiness and Contentment

Cheerful ; Contented ; Delighted ; Excited ; Fulfilled ; Glad ; Gleeful ; Gratified ; Happy ; Healthy Self-esteem ; Joyful ; Lively ; Merry ; Optimistic ; Playful ; Pleased ; Proud ; Rejuvenated ; Satisfied

Intense Happiness, Contentment, and Joy

Awe-filled ; Blissful ; Ecstatic ; Egocentric ; Elated ; Enthralled ; Euphoric ; Exhilarated ; Giddy ; Jubilant ; Manic
Overconfident ; Overjoyed ; Radiant ; Rapturous ;
Self-aggrandized ; Thrilled

SADNESS, GRIEF, and DEPRESSION

Soft Sadness

Contemplative ; Disappointed ; Disconnected ; Distracted ; Grounded ; Listless ; Low ; Steady ; Regretful ; Wistful

Medium Sadness, Grief, and Depression

Dejected ; Discouraged ; Dispirited ; Down ; Downtrodden ; Drained ; Forlorn ; Gloomy ; Grieving ; Heavy-hearted ; Melancholy ; Mournful ; Sad ; Sorrowful ; Weepy ; World-weary

Intense Sadness, Grief, and Depression

Anguished ; Bereaved ; Bleak ; Depressed ; Despairing ; Despondent ; Grief-stricken ; Heartbroken ; Hopeless ; Inconsolable ; Morose

DEPRESSION and SUICIDAL URGES

Soft Depression and Suicidal Urges

Apathetic ; Constantly Irritated, Angry, or Enraged (*see the **Anger** list above*) ; Depressed ; Discouraged ; Disinterested ; Dispirited ; Feeling Worthless ; Flat ; Helpless ; Humorless ; Impulsive ; Indifferent ; Isolated ; Lethargic ; Listless ; Melancholy ; Pessimistic ; Purposeless ; Withdrawn ; World-weary

Medium Depression and Suicidal Urges

Bereft ; Crushed ; Desolate ; Despairing ; Desperate ; Drained ; Empty ; Fatalistic ; Hopeless ; Joyless ; Miserable ; Morbid ; Overwhelmed ; Passionaless ; Pleasureless ; Sullen

Intense Suicidal Urges

Agonized ; Anguished ; Bleak ; Death-seeking ; Devastated ; Doomed ; Gutted ; Nihilistic ; Numbed ; Reckless ; Self-Destructive ; Suicidal ; Tormented ; Tortured

Weasel Words!

If people don't seem able to identify or own up to their emotions (or if they're disturbed and offended by the true names for emotions), you can use soft emotional vocabulary words from your Emotional Vocabulary List, or you can use *Weasel Words* to gently bring awareness (even weaselly awareness) to the true emotion that's present. If you can frame your observation as a question (or use the phrase "*It seems that you are feeling...*"), you'll help people begin to develop their own emotional vocabulary.

In this list, we start with soft emotion words that are less weaselly, into the Weasels, and finally to what we call the Wonder Weasels (***Bad, Stressed, Unhappy***) and Lesser Weasels (***Hurt, Upset***) if they're appropriate to each emotion. Also note the teen weasel word: "*Whatever!*"

Anger: Affronted, Agitated, Annoyed, Disappointed, Displeased, Frustrated, Peeved, Tense, Vexed, Whatever, ***Bad, Hurt, Stressed, Unhappy, Upset.***

Apathy & Boredom: Detached, Disinterested, Indifferent, Whatever, ***Unhappy.***

Shame & Guilt: Awkward, Flustered, Exposed, Demeaned, Humiliated, ***Bad, Hurt, Stressed, Unhappy, Upset.***

Sadness: Blue, Bummed, Disappointed, Discouraged, Down, Low, Whatever, ***Bad, Hurt, Stressed, Unhappy, Upset.***

Grief: Blue, Down in the Dumps, Lost, Low, Whatever, ***Bad, Hurt, Stressed, Unhappy, Upset.***

Depression: Blue, Detached, Disinterested, Low, Whatever, ***Bad, Hurt, Stressed, Unhappy, Upset.***

Fear: Cautious, Curious, Jumpy, Off, Uneasy, Unsettled, What Do You Sense?, ***Stressed, Upset.***

Anxiety: Agitated, Bothered, Concerned, Jumpy, Off, Tense, Unsettled, ***Bad, Stressed, Unhappy, Upset.***

Jealousy: Insecure, Sensing Disloyalty, ***Stressed, Bad, Hurt, Unhappy, Upset.***

Envy: Insecure, Sensing Unfairness, ***Bad, Hurt, Stressed, Unhappy, Upset.***

Panic: Bothered, Cautious, Nervous, Uneasy, ***Stressed, Upset.***

Contentment: Fine, Good, Happy, Pleased, Proud, Satisfied.

Notice that we don't include **Happiness** or **Joy** in our Weasel Words list, because most people are fine saying those words outright.