

# ***Words that Identify Emotions or Feelings***

Emotions are inner physical feelings, reactions and sensations. They range from painful/uncomfortable or pleasurable/comfortable and we either try to avoid or to stimulate them. There is a wide spectrum of inner feelings or affects and human beings experience many different types and intensities of feeling. We are often in a state of emotion but at times we may be in a “neutral” or stable state and unable to detect inner feeling sensation or reaction. On the emotional continuum, inner sensations may be: neutral, mild, moderate, strong, intense or overwhelming. Below is a listed of some of the main emotions that you may be able to identify in yourself.

## ***Painful Emotions/Feelings***

Abandoned	Embarrassed	Jealous	Sad
Abhorrence	Empty	Listless	Scared
Afraid	Envy	Lively	Sensitive
Aggravated	Exasperated	Loathing	Sentimental
Agitated	Fatigued	Lonely	Shame
Alarmed	Fear	Longing	Shocked
Alienated	Fed-Up	Low	Shy
Angry	Frenzied	Mad	Somber
Anguish	Frightened	Melancholy	Sorrow
Annoyed	Frustrated	Misery	Sympathy
Apathy	Furious	Morose	Tense
Anxious	Gloomy	Neglected	Terrified
Aversion	Greed	Nervous	Threatened
Bashful	Grief	Numb	Timid
Betrayed	Grumpy	Offended	Tormented
Bitter	Guilt	Outraged	Unhappy
Blasé	Hate	Overwhelmed	Upbeat
Blue	Helpless	Panic	Upset
Bored	Homesick	Perturbed	Uptight
Consternation	Hopeless	Pity	Vengeance
Contempt	Horrified	Rage	Wary
Crazed	Hostile	Regret	Weary
Cross	Humiliated	Rejected	Worried
Crushed	Hurt	Remorse	
Defeated	Incensed	Repelled	
Dejected	Indignant	Repentant	
Depressed	Inhibited	Repulsion	
Despair	Impatient	Resentful	
Desperate	Insecure	Reviled	
Despondent	Insulted		
Disappointed	Intimidated		
Discouraged	Irritated		
Disdain			
Disgusted			
Distressed			
Down			

## ***Pleasurable Emotions/Feelings***

Admire Adoration Affectionate Alive Amorous Amused Appreciative Aroused Attracted Avarice Awe  Calm Captivated Carefree Caring Centered Charmed Cheerful Close Compassion Complacent Confident Content Courageous Crave Curious  Delighted Desire Devoted Drawn	Eager Ecstatic Elated Empathy Emulation Enamored Enchanted Endeared Energize Enjoy Enthusiastic Euphoric Exalted Excited Exhilarated  Flattered Fortunate Free Friendly Fulfilled  Glad Grateful  Happy Honored Hopeful	Impressed Infatuated Inspired Interested Intrigued Invigorated  Joy  Lively Love Lust  Mellow Moved  Nostalgic  Open Orgiastic  Passion Peaceful Perky Playful Pleased Proud  Receptive Rejoice Relaxed Relieved Respect Righteous Romantic	Safe Satisfied Secure Sensitive Sentimental Serene Sexy Surprise Sympathy  Tempted Tender Thankful Thrilled Tranquil Trust Turned-on  Vigorous  Warm
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