

Emotion List

PRIMARY:

Sadness

Anger

Joy

Fear

Disgust

Surprise

SECONDARY:

Acceptance

Admiration

Amazement

Annoyance

Anticipation

Anxious

Apathy

Apprehension

Boredom

Calm

Comfortable

Compassion

Confused

Contentment

Depressed

Despair

Detached

Determined

Disconnected

Distain

Distraught

Dread

Embarrassed

Empathy

Empowered

Emptiness

Energetic

Envious

Excited

Foolish

Frustration

Furious

Fulfilled

Grief

Guilt

Happy

Emotion List

Heartbroken

Helpless

Hopeful

Hopeless

Hostile

Humiliation

Hurt

Inadequate

Insecure

Inspired

Interest

Irritable

Isolated

Jealous

Loathing

Lonely

Longing

Lost

Loving

Miserable

Motivated

Mourning

Nervousness

Overwhelmed

Panic

Peaceful

Proud

Rage

Regret

Relieved

Resentment

Satisfaction

Scared

Self-conscious

Shame

Shocked

Sorrow

Stupid

Suspicious

Tense

Terror

Trapped

Trust

Uncomfortable

Worried