

Words for Feelings

Building Emotional Literacy

Happy or affectionate

contented
relaxed
warm
loved
serene
satisfied
inspired
thrilled
optimistic
playful
grateful
pleased
ecstatic
encouraged
fortunate
light-hearted
excited
surprised
liberated
peaceful
loving
receptive
elated
animated

Angry

resentful
irritated
enraged
hostile
bitter
grumpy
provoked
worked up
confused

indignant
upset
annoyed
fed up
incensed
stubborn
indignant
fuming
offended

Afraid

fearful
timid
apprehensive
insecure
worried
nervous
threatened
wary
impatient
frightened
alarmed
suspicious
scared
timid
doubtful
worried
panicky
anxious

Sad

gloomy
melancholy
lonely
tearful
pessimistic
disappointed

worthless
desolate
mournful
dismayed
discouraged
unhappy
sombre
useless
sorrowful
ashamed
heavy-hearted
flat
dull
anguished

Hurt

agonized
injured
heartbroken
upset
tortured
despairing
suffering
distressed
aching
rejected
humiliated
alienated
dejected
deprived
afflicted
crushed
pained

Confused/ worried

uncertain

perplexed
embarrassed
shy
hesitant
lost
bewildered
indecisive
uneasy
suspicious
concerned
sceptical
distrustful
tense

Fearless

encouraged
independent
secure
impulsive
daring
determined
reassured
confidant
courageous
eager
rebellious
tenacious
dynamic
free
strong

Interested

fascinated
intrigued
absorbed
intent
inquisitive

keen
curious
engrossed

Other feelings

mixed-up
humble
ashamed
torn
guilty
jealous
distant
bored
hypocritical
cooperative
uncooperative
nonchalant
preoccupied
sensitive
insensitive
reserved

Physical feelings

paralysed
energised
tired
weary
strong
empty
hollow
guttled
alive
repulsed
breathless
nauseated