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 (or Mood-State) 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Abashed ~ Awkward ~ Discomfited ~ Flushed ~ Flustered ~ Hesitant ~ Humble ~ Reticent ~ Self-conscious ~ Speechless ~ Withdrawn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 (or Mood-State) Shame and Guilt
Ashamed ~ Chagrined ~ Contrite ~ 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 (or Mood-State) 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
Soft Jealousy & Envy
Disbelieving ~ Distrustful ~ Insecure ~ Protective ~ Suspicious ~ Vulnerable

Medium (or Mood-State) 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 (or Mood-State) Happiness and Contentment
Cheerful ~ Contented ~ Delighted ~ Excited ~ Fulfilled ~ 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 ~ Disconnect ~ Distracted ~ Grounded ~ Listless ~ Low ~ Steady ~ Regretful ~ Wistful

Medium (or Mood-State) 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 (or Mood-State) Depression and Suicidal Urges
Bereft ~ Crushed ~ Desolate ~ Despairing ~ Desperate ~ Drained ~ Empty ~ Fatalistic ~ Hopeless ~ Joyless ~ Miserable ~ Morbid ~ Overwhelmed ~ Passionless ~ Pleasureless ~ Sullen

Intense Suicidal Urges
Agonized ~ Anguished ~ Bleak ~ Death-seeking ~ Devastated ~ Doomed ~ Gutted ~ Nihilistic ~ Numbed ~ Reckless ~ Self-destructive ~ Suicidal ~ Tormented ~ Tortured

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Note: If you’re feeling any level of suicidal urges, don’t feel as if you have to wait until you’re in the throes of torment to reach out for help. If you can learn to catch your suicidal urges when they’re in the soft stage, you can often stop yourself from falling into the pit of anguish. In the territory of the suicidal urge, your capacity for emotional awareness and sensitivity can literally save your life!

If you or anyone you know is feeling suicidal, free and confidential help is available. In the U.S., you can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). For other countries, the International Association for Suicide Prevention has a list of crisis and suicide prevention centers throughout the world. In Canada, see the Canadian Association for Suicide Prevention.

How to Be Helpful to Someone Who Is Threatening Suicide (from the NSPL website)

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental.
- Don’t debate whether suicide is right or wrong, or whether feelings are good or bad.
- Don’t lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don’t dare him or her to do it.
- Don’t act shocked. This will put distance between you.
- Don’t be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from people or agencies specializing in crisis intervention and suicide prevention.

Thank you for your emotional fluency and your willingness to reach out.

Thank you for bringing more emotional awareness and empathy to our waiting world.