

Your Emotional Vocabulary List

A large and articulate emotional vocabulary can – all by itself – help you develop emotion regulation skills. What's more, research is showing that a large emotional vocabulary can even protect your mental and emotional health!

This emotional vocabulary list was crowd-sourced by the *Dynamic Emotional Integration*® community (also known as DEI) over many years and is organized alphabetically by emotion and intensity. Enjoy building your vocabulary – and note that we've included our DEI words for the gifts, skills, and genius your emotions contain.

ANGER, APATHY, and HATRED

Soft Anger, Apathy, and Hatred	Medium Anger, Apathy, and Hatred	Intense Anger, Apathy, and Hatred
Ambivalent ~ Annoyed Assertive ~ Calm ~ Certain Confident ~ Crabby ~ Cranky Critical ~ Cross ~ Detached Determined ~ Discerning Disengaged ~ Displeased Distracted ~ Frustrated Honorable ~ Impatient Independent ~ Irritated Peeved Protective ~ Quiet Rankled ~ Secure Self-Assured ~ Separate Steady ~ Uninspired	Affronted ~ Aggravated Angry ~ Antagonized Apathetic ~ Arrogant Autonomous ~ Aware of your shadow ~ Bored Bristling ~ Clear-Eyed ~ Cold Courageous ~ Defended Dignified ~ Disinterested Exasperated ~ Incensed Indifferent ~ Indignant Inflamed Listless ~ Mad Offended Protected ~ Resentful ~ Riled up Sarcastic ~ Self-aware ~ Sharp Sovereign ~ Steadfast Well-boundaried	Aggressive ~ Appalled Belligerent ~ Bitter Contemptuous ~ Disgusted Energized ~ Fierce ~ Furious Hateful ~ Hostile Hypocritical ~ Integrated Irate ~ Livid ~ Loathing Menacing ~ Numb Passionate ~ Piercingly aware Powerful ~ Projecting ~ Raging Ranting ~ Raving ~ Righteous Seething ~ Shadow-resourced Shielded ~ Spiteful Transformed ~ Tuned out Unresponsive ~ Vengeful Vicious ~ Vindictive ~ Violent

SHAME and GUILT

Soft Shame and Guilt	Medium Shame and Guilt	Intense Shame and Guilt
Awkward ~ Conscientious Considerate ~ Decent Discomfited ~ Ethical Flushed ~ Flustered Forgiving ~ Hesitant Honest ~ Humble ~ Reserved Restrained ~ Self-conscious	Abashed ~ Apologetic Ashamed ~ Chagrined Contrite ~ Culpable ~ Dignified Embarrassed ~ Guilty Honorable ~ Humbled Intimidated ~ Just ~ Moral Noble ~ Penitent ~ Principled Regretful ~ Remorseful Reproachful ~ Respectable Rueful ~ Self-effacing ~ Self-respecting ~ Sheepish ~ Sorry Speechless ~ Upstanding Willing to change ~ Withdrawn	Belittled ~ Conscience-stricken Degraded ~ Demeaned Disgraced ~ Guilt-ridden Guilt-stricken ~ Humiliated Incorruptible ~ Mortified Ostracized ~ Projecting Righteous ~ Self-condemning Self-flagellating Shamefaced ~ Stigmatized

JEALOUSY and ENVY

Soft Jealousy & Envy	Medium Jealousy & Envy	Intense Jealousy & Envy
Concerned ~ Connected Disbelieving ~ Fair ~ Insecure Inspired ~ Protective Self-aware ~ Trusting Vulnerable ~ Wanting	Ambitious ~ Amorous ~ Bonded Committed ~ Covetous Demanding ~ Desirous ~ Devoted Disrespected ~ Distrustful Driven ~ Envious ~ Equitable Generous ~ Guarded ~ Jealous Just ~ Lonely ~ Loving Loyal ~ Motivated ~ Prosperous Romantic ~ Secure ~ Self-preserving ~ Threatened ~ Wary	Affluent ~ Ardent ~ Avaricious Fixated ~ Deprived Gluttonous ~ Grasping Greedy ~ Green with envy Longing ~ Lustful Obsessed ~ Passionate Persistently jealous Possessive ~ Power-hungry Resentful ~ Voracious

FEAR and PANIC

Soft Fear	Medium Fear and Panic	Intense Fear and Panic
Alert ~ Apprehensive ~ Aware Careful ~ Cautious ~ Clear Concerned ~ Conscious Curious ~ Disconcerted Disquieted ~ Edgy ~ Fidgety Hesitant ~ Insecure Instinctive ~ Intuitive ~ Leery Lucid ~ Mindful ~ Oriented Pensive ~ Perceptive ~ Shy Timid ~ Uneasy ~ Watchful	Afraid ~ Alarmed ~ Attentive Aversive ~ Distrustful Disturbed ~ Fearful ~ Focused Jumpy ~ Perturbed ~ Rattled Ready ~ Resourceful Safety-seeking ~ Shaky Startled ~ Suspicious Unnerved ~ Unsettled Vigorous ~ Wary	Dissociated ~ Filled with dread Frenzied ~ Healing from trauma ~ Horrified Hyper-activated ~ Immobile Laser-focused ~ Motionless Panicked ~ Paralyzed Petrified ~ Phobic Reintegrated ~ Self-preserving Shocked ~ Survival-focused Terrorized ~ Violent

CONFUSION

Soft Confusion	Medium Confusion	Intense Confusion
Adaptable ~ Changeable Doubtful ~ Innocent Malleable ~ Open-minded Pensive ~ Preoccupied Puzzled ~ Soft-focused	Ambivalent ~ Bewildered Clouded ~ Confused Contemplative ~ Floating Fuzzy ~ Indecisive ~ Muddled Nebulous ~ Perplexed Spacious ~ Uncertain ~ Unfocused	Befuddled ~ Discombobulated Disoriented ~ Escaping Immobile ~ Lost Mystified ~ Overwhelmed Scattered ~ Suspended Timeless ~ Waiting

ANXIETY

Soft Anxiety	Medium Anxiety	Intense Anxiety
Capable ~ Clear-headed Focused ~ Organized Prepared	Activated ~ Anxious ~ Attentive Competent ~ Conscientious Deadline-conscious ~ Efficient Energized ~ Excited ~ Forward focused Motivated ~ Nervous ~ Ready Task-focused ~ Vigilant ~ Worried	Accomplished ~ Driven Frenzied ~ Hyper-activated Laser-focused ~ Pressed Vigorous

HAPPINESS, CONTENTMENT, and JOY

Soft Happiness, Contentment, and Joy	Medium Happiness, Contentment, and Joy	Intense Happiness, Contentment, and Joy
Amused ~ Calm ~ Comfortable Encouraged ~ Engaged Friendly ~ Hopeful Inspired ~ Jovial ~ Naïve Open ~ Peaceful ~ Smiling Unaware ~ Upbeat	Appreciative ~ Cheerful Confident ~ Contented Delighted ~ Excited ~ Fulfilled Glad ~ Gleeful ~ Gratified Happy ~ Healthy self-esteem Invigorated ~ Joyful ~ Lively Merry ~ Optimistic ~ Playful Pleased ~ Praiseworthy ~ Proud Rejuvenated ~ Tickled Unrealistic ~ Ungrounded	Arrogant ~ Awe-filled ~ Blissful Ecstatic ~ Egocentric ~ Elated Enthralled ~ Euphoric Exhilarated ~ Expansive Flighty ~ Giddy ~ Gullible Heedless ~ Inflated ~ Jubilant Manic ~ Oblivious Overconfident ~ Overjoyed Radiant ~ Rapturous ~ Reckless Renewed ~ Satisfied Self-aggrandized ~ Thrilled

SADNESS and GRIEF

Soft Sadness and Grief	Medium Sadness and Grief	Intense Sadness and Grief
Contemplative ~ Disappointed Disconnected ~ Fluid Grounded ~ Listless ~ Low Steady ~ Regretful ~ Relaxed Releasing ~ Restful ~ Wistful	Dejected ~ Discouraged Dispirited ~ Down ~ Drained Grieving ~ Heavy-hearted Honoring ~ Lamenting Melancholy ~ Mournful Rejuvenated ~ Relieved Remembering ~ Respectful Restored ~ Sad ~ Soothed Sorrowful ~ Still ~ Weepy	Anguished ~ Bereaved Cleansed ~ Despairing Despondent ~ Forlorn Grief-stricken ~ Heartbroken Inconsolable ~ Morose Released ~ Revitalized Sanctified

DEPRESSION and SUICIDAL URGES

Soft Depression and Suicidal Urges	Medium Depression and Suicidal Urges	Intense Depression and Suicidal Urges
Apathetic ~ Discouraged Disinterested ~ Dispirited Downtrodden ~ Fed up Feeling worthless ~ Flat Helpless ~ Humorless Impulsive ~ Indifferent Isolated ~ Lethargic ~ Listless Pessimistic ~ Practical Purposeless ~ Realistic Resolute ~ Tired Withdrawn ~ World-weary	Bereft ~ Certain Constantly irritated, angry, or enraged (see the Anger list above) Crushed ~ Depressed ~ Desolate Desperate ~ Drained Emancipated ~ Empty Fatalistic ~ Gloomy ~ Hibernating Hopeless Immobile ~ Inactive Inward-focused ~ Joyless Miserable ~ Morbid Overwhelmed ~ Passionless Pleasureless ~ Sullen	Agonized ~ Anguished ~ Bleak Death-seeking ~ Devastated Doomed ~ Freed ~ Frozen Guttured ~ Liberated ~ Nihilistic Numbed ~ Reborn Reckless ~ Self-destructive Suicidal ~ Tormented Tortured ~ Transformed

Note: If you're having thoughts of suicide, don't feel as if you need to wait until you're in the throes of torment to reach out for help. If you can identify your suicidal urges when they're in the soft stage, you can often stop yourself from falling into a pit of anguish. In the territory of the suicidal urge, your emotional vocabulary and awareness 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 [**988 Suicide and Crisis Lifeline**](#) at **1-800-273-TALK (8255)**, or you can text or call **988** in some areas. In Canada, text or call **988**. For other countries, the [**International Association for Suicide Prevention**](#) has a list of crisis and suicide prevention centers throughout the world. Remember that you can call for yourself, or for the struggling people in your life. You're not alone, and there's good free help available.

Nonspecific Emotion Words

As you develop your emotional vocabulary, you may notice that many people don't have strong vocabularies, or that they don't feel comfortable talking about emotions. Luckily, this doesn't need to stop you from developing your own emotional awareness and skills.

If people aren't able to identify or speak about emotions (or if they're disturbed or offended by the true names for emotions), you can use nonspecific words to gently bring 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're feeling..."*), you'll help people begin to develop their own emotional awareness and vocabulary.

We've found nine helpful and nonspecific emotion words, and three of them are almost magical because you can use them to describe nearly any emotion. They are ***Bad***, ***Stressed***, and ***Unhappy***.

Another three helpful words are ***Hurt***, ***Overwhelmed***, and ***Upset***. However, you may want to use these words carefully, because they suggest that a person is struggling or vulnerable, and many people don't want to admit that they ever feel that way. Use your best judgment.

There are also three words that many people use to avoid or hide their emotions: ***Fine***, ***Okay***, and ***Whatever***.

Notice how these nine words can be used to describe pretty much every emotion except happiness, contentment, and joy. That's stunning, but it explains why so many of us struggle to develop emotional awareness and emotional skills – both of which rely on a rich emotional vocabulary!!

- **Use liberally:** ***Bad***, ***Stressed***, and ***Unhappy***
- **Use with care:** ***Hurt***, ***Overwhelmed***, and ***Upset***
- **Use when avoidance is wanted:** ***Fine***, ***Okay***, and ***Whatever*** (people can use many other words to avoid emotions, of course!)

Thank you for bringing more emotional awareness to our waiting world (even when it needs to be nonspecific awareness!).