



Name Your Emotion

Affection / Love

Adoration, Affection, Attachment, Belonging, Caring, Closeness, Compassion, Dependence, Devotion, Empathy, Fondness, Friendliness, Gentleness, Infatuation, Kindness, Love, Lust, Passion, Tenderness, Trust, Warmth

Anger / Hostility

Animosity, Annoyance, Bitterness, Contempt, Cynicism, Disillusionment, Exasperation, Frustration, Fury, Hatred, Hostility, Impatience, Indignation, Irritation, Outrage, Rage, Resentment, Scorn, Spite, Vengefulness, Wrath

Anxiety / Fear

Afraid, Agitation, Alarm, Apprehension, Caution, Concern, Dread, Fear, Fright, Horror, Hysteria, Nervousness, Panic, Paranoia, Terror, Timidity, Unease, Vigilance, Wariness, Worry

Confusion / Uncertainty

Ambivalence, Bafflement, Befuddlement, Confusion, Consternation, Disbelief, Dismay, Distrust, Doubt, Perplexity, Shock, Suspicion, Uncertainty

Contentment / Joy

Amusement, Bliss, Calmness, Carefree, Cheerfulness, Comfort, Contentment, Delight, Ecstasy, Elation, Enjoyment, Euphoria, Excitement, Exhilaration, Fulfillment, Gladness, Glee, Gratification, Happiness, Joy, Jubilation, Peace, Pleasure, Satisfaction, Serenity, Tranquility, Zeal, Zest

Curiosity / Interest

Absorbed, Anticipation, Arousal, Curiosity, Eagerness, Enthusiasm, Fascination, Inspiration, Interest, Longing, Obsession, Pensiveness, Wonder, Yearning

Pride / Confidence

Appreciation, Confidence, Courage, Determination, Pride, Respect, Reverence, Smugness, Stubbornness

Sadness / Suffering

Agony, Anguish, Apathy, Depression, Despair, Disappointment, Discontent, Distress, Gloom, Grief, Heartache, Helplessness, Hopelessness, Hurt, Isolation, Loneliness, Melancholy, Misery, Nostalgia, Numbness, Resignation, Sadness, Sorrow, Suffering, Torment, Unhappiness, Upset, Weariness

Shame / Embarrassment

Embarrassment, Guilt, Humiliation, Mortification, Regret, Shame, Shyness, Vulnerability

Surprise / Astonishment

Amazement, Astonishment, Awe, Enchantment, Startled, Surprise, Suspense, Thrill

Disgust / Revulsion

Disgust, Discomfort, Nausea, Repulsion, Revulsion

Gratitude / Appreciation

Appreciation, Gratitude, Thankfulness

Envy / Jealousy

Craving, Desire, Envy, Hunger, Jealousy,

Stress / Overwhelm

Claustrophobia, Exhaustion, Overwhelmed, Restlessness, Stress, Tension