

# Ultimate list of all the emotions out there!

Part I: Emotions we may experience when our needs are being met...

**AFFECTIONATE**

Compassionate  
Caring  
Devoted  
Friendly  
Loving  
Openhearted  
Sympathetic  
Tender  
Warm

**CONFIDENT**

Bold  
Capable  
Centered  
Eager  
Empowered  
Energetic  
Focused  
Grounded  
Hopeful  
Keen  
Open  
Optimistic  
Powerful  
Productive  
Proud  
Safe  
Secure  
Strong  
Sure  
Trusting

**ENGAGED**

Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Entranced

**ENGAGED**

Fascinated  
Interested  
Intrigued  
Involved  
Spellbound  
Stimulated

**EXCITED**

Amazed  
Animated  
Ardent  
Aroused  
Dazzled  
Eager  
Energetic  
Enthusiastic  
Giddy  
Invigorated  
Lively  
Passionate  
Surprised  
Vibrant

**EXHILARATED**

Blissful  
Enthralled  
Radiant  
Rapturous  
Thrilled

**GRATEFUL**

Appreciative  
Moved  
Thankful  
Touched

**HOPEFUL**

Expectant  
Encouraged  
Optimistic

**JOYFUL**

Amused  
Cheerful  
Delighted  
Ecstatic  
Elated  
Excited  
Exuberant  
Glad  
Gleeful  
Happy  
High  
Jubilant  
Pleased  
Tickled

**INSPIRED**

Amazed  
Awed  
Eonder

**PEACEFUL**

Calm  
Clearheaded  
Comfortable  
Centered  
Content  
Equanimity  
Fulfilled  
Mellow  
Pleased

**PEACEFUL**

Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Still  
Tranquil  
Trusting

**REFRESHED**

Enlivened  
Rejuvenated  
Renewed  
Rested  
Restored  
Revived

**THANKFUL**

Appreciative  
Grateful  
Gratified  
Indebted  
Relieved

**THOUGHTFUL**

Challenged  
Curious  
Illuminated  
Informed  
Interested  
Pensive  
Reflective





# Ultimate list of all the emotions out there!

## Part II: Emotions we may experience when our needs are not being met...

### AFRAID

Apprehensive  
Dread  
Foreboding  
Frightened  
Mistrustful  
Panicked  
Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried

### ANNOYED

Aggravated  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Irked

### ANGRY

Angry  
Enraged  
Furious  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful

### AVERSION

Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hate  
Horrificed  
Hostile  
Repulsed

### CONFUSED

Ambivalent  
Baffled  
Bewildered  
Dazed  
Hesitant  
Lost  
Mystified  
Perplexed  
Puzzled  
Torn

### DISCONNECTED

Alienated  
Aloof  
Apathetic  
Bored  
Cold  
Detached  
Distant  
Distracted  
Indifferent  
Numb  
Removed  
Withdrawn

### DISQUIET

Agitated  
Alarmed  
Disconcerted  
Disturbed  
Perturbed  
Rattled  
Restless  
Shocked  
Startled  
Surprised  
Troubled  
Turbulent  
Turmoil  
Uncomfortable  
Uneasy  
Unnerved  
Unsettled  
Upset

### EMBARRASSED

Ashamed  
Chagrined  
Flustered  
Mortified  
Self-conscious

### FATIGUE

Beat  
Burn out  
Depleted  
Exhausted  
Lethargic  
Listless  
Sleepy  
Tired  
Eeary  
Eorn out

### PAIN

Agony  
Anguished  
Bereaved  
Devastated  
Grief  
Heartbroken  
Hurt  
Lonely  
Miserable  
Regretful  
Remorseful

### SAD

Depressed  
Dejected  
Despair  
Despondent  
Disappointed  
Discouraged  
Disheartened  
Forlorn  
Gloomy  
Heavy Hearted  
Hopeless  
Melancholy  
Unhappy  
Wretched

### TENSE

Anxious  
Cranky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Nervous  
Overwhelmed  
Restless  
Stressed out

### VULNERABLE

Fragile  
Guarded  
Helpless  
Insecure  
Leery  
Reserved  
Sensitive  
Shaky

### YEARNING

Envious  
Jealous  
Longing  
Nostalgic  
Pining  
Wistful

Center for Nonviolent  
Communication  
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