



Negative & Uncomfortable Emotions

Find a word for how you feel!

FEAR & ANXIETY

Afraid
Anxious
Apprehensive
Dreadful
Fearful
Frightened
Insecure
Nervous
Panicked
Scared
Terrified
Worried

STRESS & PRESSURE

Agitated
Alarmed
Distressed
Frazzled
Irritable
On edge
Overwhelmed
Pressured
Restless
Stressed
Tense
Uptight

SADNESS & GRIEF

Alone
Dejected
Devastated
Disheartened
Grieving
Heartbroken
Heavyhearted
Lonely
Miserable
Mournful
Sad
Unhappy

ANGER & FRUSTRATION

Angry
Annoyed
Bitter
Defensive
Enraged
Exasperated
Frustrated
Furious
Hostile
Impatient
Irritated
Resentful

DISCONNECTION & DETACHMENT

Alienated
Aloof
Apathetic
Detached
Distant
Disconnected
Indifferent
Isolated
Numb
Removed
Uninvolved
Withdrawn

CONFUSION & UNCERTAINTY

Ambivalent
Baffled
Confused
Dazed
Doubtful
Hesitant
Lost
Perplexed
Puzzled
Torn
Uncertain
Unclear

SHAME & EMBARRASSMENT

Ashamed
Awkward
Chagrined
Embarrassed
Exposed
Guilty
Humiliated
Inadequate
Mortified
Self conscious
Uncomfortable
Unworthy

DISAPPOINTMENT & DISCOURAGEMENT

Deflated
Disappointed
Discouraged
Disillusioned
Dissatisfied
Helpless
Hopeless
Let down
Powerless
Rejected
Resigned
Troubled

PAIN & SUFFERING

Anguished
Bereaved
Burdened
Crushed
Depleted
Devastated
Exhausted
Heartache
Hurt
In pain
Suffering
Worn out

ENVY & JEALOUSY

Covetous
Envious
Excluded
Inadequate
Insecure
Jealous
Left out
Longing
Resentful
Threatened
Unsettled
Yearning

VULNERABILITY & SENSITIVITY

Exposed
Fragile
Guarded
Helpless
Powerless
Sensitive
Shaky
Uncertain
Unsafe
Unsteady
Victimized
Vulnerable

OTHER DIFFICULT EMOTIONS

Disgusted
Distrustful
Horrificed
Offended
Regretful
Repulsed
Shocked
Suspicious
Trapped
Uneasy
Violated
Wary

Life, Uncomplicated. 

EN / ASL 