

Vocabulary of emotions

	sad	not important	afraid	confused	hurt	angry	lonely
strong	depressed sad & gloomy	inferior feeling of being below somebody else's needs	desperate fear with a sense of urgency	confounded thrown into confusion	devastated painfully overwhelmed	enraged to be full of rage	abandoned to be left without any relationships or care
	desolate feeling of lost hope/loneliness	powerless not having the control to change something	distressed great mental pain caused through fear	rattled	abused been treated in a painful way	seething having a surging temper	deserted to be left alone
	distressed great mental pain	worthless opinion is not valued	paralyzed so scared - unable to move	exasperated irritated to a high degree	betrayed be let down by a trusted person	furios unrestrained energy	ostracized to remove from society
medium	crest-fallen drooping in spirits	helpless not having the control to change	apprehensive uneasy about something	flustered to confuse	annoyed to be bothered	irate to be full of anger	alone to be without relationships
	hopeless feeling of lost hope	insignificant unimportant	fretful constant nagging worry	disturbed normal mental state is changed	troubled disturb the mental calm	irritated to be annoyed	alienated to remove from normal surroundings
	melancholy thoughts taken over by sadness	unimportant not meaning anything	threatened feeling of intended harm	frustrated feeling of not being satisfied	wounded being hurt/causing physical pain	offended have pain or distress caused deliberately	estranged to remove from caring relationship
	tearful feeling of wanting to cry		anxious afraid of danger		dismayed sudden surprise		
light	glum silently feeling low	weak not very strong	nervous causing mental pain	uncomfortable causing irritation or pain	let down to disappoint	ticked off to be angry	detached not with anyone or anything
	disappointed not meeting expectations	unconvincing seen as not being believable	uneasy not being able to rest	unsettled not being able to rest	troubled having problems	irked to be mildly annoyed	separate kept apart from something