

## The Human Emotions Chart

### Happiness

#### Lighter Feelings

- Contented
- Cool
- Fine
- Genial
- Glad
- Gratified
- Keen
- Pleasant
- Pleased
- Satisfied
- Serene

#### Medium Feelings

- Aglow
- Buoyant
- Cheerful
- Elevated
- Gleeful
- Happy
- In high spirits
- Jovial
- Light-hearted
- Merry
- Riding high
- Sparkling

#### Stronger Feelings

- Ecstatic
- Elated
- Energetic
- Enthusiastic
- Euphoric
- Excited
- Exhilarated
- Joyful
- Overjoyed
- Thrilled

- Tickled pink
- Vibrant

### **Sadness**

#### **Lighter Feelings**

- Blah
- Disappointed
- Down
- Funk
- Glum
- Low
- Moody
- Somber
- Uncomfortable
- Unhappy

#### **Medium Feelings**

- Blue
- Demoralized
- Devalued
- Discouraged
- Dispirited
- Distressed
- Downcast
- Downhearted
- Fed up
- Lost
- Melancholy
- Miserable
- Regretful
- Rotten
- Sorrowful

#### **Stronger Feelings**

- Alienated
- Barren
- Beaten
- Dejected
- Depressed
- Desolate

- Dismal
- Empty
- Grim
- Hopeless
- In despair
- Ostracized
- Rejected
- Woeful

## **Fear**

### **Lighter Feelings**

- Anxious
- Careful
- Cautious
- Disquieted
- Fearful
- Shy
- Tense
- Timid
- Uneasy
- Unsure
- Watchful
- Worried

### **Medium Feelings**

- Afraid
- Apprehensive
- Awkward
- Defensive
- Fearful
- Fidgety
- Fretful
- Jumpy
- Nervous
- Shaky
- Skittish
- Spineless
- Threatened
- Troubled

**Stronger Feelings**

- Alarmed
- Appalled
- Desperate
- Distressed
- Frightened
- Horrified
- Intimidated
- Panicky
- Paralyzed
- Petrified
- Shocked
- Terrified
- Terror-stricken
- Wrecked

**Anger****Lighter Feelings**

- Bugged
- Chagrined
- Dismayed
- Galled
- Impatient
- Irked
- Petulant
- Resentful
- Sullen
- Uptight

**Medium Feelings**

- Annoyed
- Cranky
- Exasperated
- Fuming
- Grouchy
- Ill-tempered
- Indignant
- Irate
- Irritated
- Offended

- Resentful
- Sore
- Spiteful

**Stronger Feelings**

- Belligerent
- Bitter
- Enraged
- Fuming
- Furious
- Heated
- Incensed
- Infuriated
- Outraged
- Seething
- Storming
- Vengeful
- Vindictive
- Wild