Joy

Loving Thankful Peaceful Excited Amused Accepted Proud Liberated Confident Important Playful Inspired Curious Courageous Interested Amazed Optimistic Trusting Creative Intimate Valued Free

List of Emotions

Sadness

Hurt Guilty Ashamed Lonely Bored Tired Isolated Powerless Remorseful

Abandoned Apathetic Vulnerable Fragile Grief-Stricken Victimized Uninterested Overwhelmed

Fear

Helpless Anxious Insecure Discouraged Rejected Persecuted Worried Inferior

Excluded Inadequate Nervous Weak Confused Threatened Exposed

Anger

Hurt Selfish Critical Jealous Irritated Threatened Frustrated Distant Suspicious

Violated Hateful Bitter Betrayed Indignant Let Down Offended Provoked

Disgust

Disappointed Judgmental Revulsed Contemptuous Disapproving Ashamed Resentful Appalled Nauseated Embarrassed