

Strong Words That Convey Precise Emotions

	Happy/Glad	Sad	Mad	Scared	Other
MILD	amused appreciated calm comfortable confident contented empathetic encouraged enthusiastic glad grateful open pleased relieved satisfied	bored confused disappointed discontented puzzled uncertain	bothered contrary disapproving irritated ticked	bashful cautious concerned tense uneasy uptight	attentive caught curious determined envious indifferent interested stuck sympathetic thoughtful undecided
MODERATE	accepting assertive centered certain close compassionate delighted eager happy hopeful loving meditative optimistic satisfied secure surprised trusting	abandoned discouraged distressed down embarrassed empty foolish guilty hurt lonely regretful rejected	disgusted exasperated provoked resentful surly used	afraid agitated anxious disbelieving fearful frightened nervous threatened vigilant withdrawn worried	apologetic arrogant ashamed determined frustrated innocent jealous mischievous numb oppositional pressured smug spontaneous stubborn stunned suspicious vulnerable
STRONG	beloved blissful ecstatic elated enthusiastic enthralled enraptured excited free fulfilled passionate powerful safe thrilled	anguished betrayed crushed defeated depressed despairing devastated grieving helpless hopeless humiliated miserable pained tortured	aggressive angry boiling burned enraged furious hateful hot infuriated outraged steamed	desperate horrified panicked petrified shocked terrified terrorized	conflicted exhausted idiotic obstinate paranoid shamed torn