



Ten Groups of Emotions

This list organizes feelings into ten groups of emotions with different words that express varying intensities and nuances of each emotion. This list is not exhaustive and you may want to add more emotion words to this catalog.

ANGER	SADNESS	FEAR
Angry Mad Annoyed Irritated Resentful Bitter Exasperated Indignant Furious Outraged	Sad Disappointed Hurt Lonely Grief Hopeless Dejected Despair	Scared Afraid Apprehensive Nervous Anxious Wary Threatened Paralyzed Terrified

GUILT	DISGUST	SHAME	JEALOUSY
Guilty Sorry Regretful Repentant Contrite Remorseful	Disgusted Distaste Queasy Disdain Contempt Scorn Abhorrence	Ashamed Embarrassed Humbled Exposed Disgraced Humiliated	Jealous Envious Covetous Resentful Suspicious Mistrustful

ENJOYMENT	ATTACHMENT	SURPRISE
Happy Joyful Relieved Satisfied Pleased Proud Grateful Delighted Hopeful Excited	Love Acceptance Friendly Affection Fondness Compassion Tenderness Empathy Warmth Attraction Lust	Surprised Curious Perplexed Mystified Wonder Awe Shocked Astonished Amazed