

List of Emotions

HAPPY

At ease	Energetic	Optimistic
Ecstatic	Inspired	Satisfied
Hopeful	Relaxed	Wonderful
Pleased	Vitality	Content
Thankful	Cheerful	Glad
Blissful	Excited	Peaceful
Elated	Lighthearted	Serene
Humorous	Relieved	Delighted
Proud	Well-Being	Grateful
Tranquil	Comfortable	Playful
Calm	Exhilarated	Spirited

COMPETENT

Adept	Strong	Secure
Capable	Arrogant	Together
Independent	Confident	Cocky
Powerful	Inspired	Important
Self-Reliant	Savvy	Invulnerable
Adequate	Thoughtful	Self-Assured
Composed	Brave	Worthy
Indestructible	Courageous	
Privileged	Invincible	

VALUED

Accepted	Cherished	Favored
Belonging	Loved	Understood
Included	Revered	Appreciated
Respected	Wanted	Desired
Worshipped	Adored	Idolized
Admired	Desirable	Validated

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Becker-Phelps, L. 2014. *Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can do About It*. Oakland, CA: New Harbinger Publications. (from Chapter 6)

List of Emotions (continued)

LOVING

Affectionate	Adoring	Enchanted
Attracted	Desirous	Infatuated
Fond	Horny	Passionate
Longing	Lustful	
Yearning	Aroused	

CARING

Compassionate	Tender	Liking
Connected	Concerned	Warm
Forgiving	Empathic	

INTERESTED

Absorbed	Eager	Resolute
Challenged	Fervent	Ardent
Determined	Motivated	Dedicated
Fascinated	Anticipating	Enthusiastic
Intrigued	Curious	Intent
Addicted	Engrossed	
Committed	Focused	

VINDICATED

Absolved	Forgiven	Redeemed
Appeased		

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List of Emotions (continued)

UNHAPPY

Agonized	Disillusioned	Melancholy
Discontented	Jealous	Sad
Hurt	Pessimistic	Despondent
Negative	Suspicious	Grief-stricken
Stressed	Crushed	Miserable
Alone	Dissatisfied	Shameful
Discouraged	Lonely	Detached
Inadequate	Regretful	Guilty
Pained	Tortured	Moody
Stubborn	Dark	Somber
Anguished	Envious	Disappointed
Disheartened	Low	Heartbroken
Inferior	Remorseful	Needy
Pathetic	Withdrawn	Startled
Sullen	Depressed	
Blue	Gloomy	

INSECURE

Awkward	Lost	Unsure
Confused	Torn	Common
Indecisive	Unfocused	Foolish
Surprised	Bewildered	Silly
Uncomfortable	Embarrassed	Uneasy
Baffled	Puzzled	Worthless
Disoriented	Uncertain	

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List of Emotions (continued)

OVERWHELMED

Burdened	Thwarted	Obliterated
Despairing	Worn out	Useless
Hopeless	Confused	Defeated
Pressured	Disorganized	Helpless
Worn down	Obligated	Powerless
Compelled	Trapped	Weak
Devastated	Consumed	
Impotent	Exhausted	

UNLOVED

Abandoned	Deserted	Judged
Criticized	Ignored	Rejected
Hated	Oppressed	Victimized
Lonely	Unsupported	Betrayed
Singled out	Alone	Disparaged
Aching	Discarded	Labeled
Cut off	Insignificant	Repulsive
Humiliated	Overlooked	Chastised
Misunderstood	Used	Excluded
Unlovable	Belittled	Left out
Alienated	Disgraced	Shamed

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List of Emotions (continued)

FEARFUL

Afraid	Anxious	Cautious
Cowardly	Distrustful	Dreading
Frightened	Horrorified	Nervous
Paranoid	Scared	Suspicious
Terrified	Vulnerable	Concerned
Alarmed	Apprehensive	Exposed
Defenseless	Doubtful	Panicked
Hesitant	Hysterical	Tense
Petrified	Shaky	
Timid	Worried	

ANGRY

Aggressive	Outraged	Livid
Defiant	Appalled	Resentful
Fuming	Disgusted	Contemptuous
Infuriated	Hostile	Frustrated
Offended	Irritated	Indignant
Annoyed	Repulsed	Mad
Disdainful	Bitter	Scornful
Furious	Enraged	
Irate	Incensed	

INDIFFERENT

Ambivalent	Apathetic	Bored
Complacent	Flat	Lackadaisical
Lazy	Lethargic	Numb
Passive	Unmotivated	

SURPRISED

Amazed	Astonished	Shocked
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