

**EMOTION WORDS** — the words we use to describe an emotional state. 'Words' may be spoken, signed or represented with a symbol. Thirteen broad categories of emotional experience are presented here, with the most common first words for each category listed initially, followed by a number of related words and terms for related and more sophisticated concepts. Extending emotion vocabulary leads to more opportunities for conversation and learning around emotional topics, which in turn helps to develop and deepen emotional understanding.

<p><b>HAPPINESS</b></p> <p>Happy Good Glad Pleased Satisfied Appreciated Content Relieved Cheerful Joyful Amused Tickled Delighted Elated Thrilled Ecstatic</p>	<p><b>AT PEACE COMFORTABLE</b></p> <p>OK Fine Calm Peaceful Safe Secure Relaxed Chilled Settled Comfortable Rested Mellow Tranquil Content Serene Contained</p>	<p><b>POSITIVE ANTICIPATION</b></p> <p>Excited Enthusiastic Eager Hopeful Optimistic Longing</p> <p><b>EMPATHY</b></p> <p>Empathic Sympathetic Concerned Supportive Compassionate</p>	<p><b>CONFIDENCE</b></p> <p>Loved Cared-for</p> <p>Brave Proud Sure Safe Confident Strong Robust Resilient Secure Optimistic Trusting Empowered</p>	<p><b>POSITIVE SOCIAL</b></p> <p>Like (someone) Love (someone)</p> <p>Friendly Loving Proud Grateful Thankful Affectionate Warm Appreciative Boosted Soothed Moved Touched Impressed Inspired In awe</p>	<p><b>POSITIVE ENGAGEMENT</b></p> <p>Like (something) Love (something)</p> <p>Yum Interested Wondering Curious Intrigued Stimulated Motivated Fascinated Captivated Enthralled Engrossed Passionate Awe</p>
<p><b>SADNESS</b></p> <p>Sad Upset Unhappy Disappointed Lonely Left-out Hurt Miserable Down Depressed Devastated Distracted Grief-stricken Sorry Regret Let-down Rejected Dumped Abandoned</p>	<p><b>ANGER</b></p> <p>Angry Mad Cross Grumpy Upset Annoyed Fed-up Miffed Irritated Frustrated Disgruntled Misunderstood Raging Furious</p>	<p><b>FEAR</b></p> <p>Scared Frightened Afraid Worried Nervous Anxious Unsure Apprehensive Trepidation Wary Concerned Unsafe Insecure Terrified Pettrified Phobic Doubtful Pessimistic Dreading</p>	<p><b>UNEXPECTED EVENTS UNREST / DISQUIET</b></p> <p>Surprised Shocked Amazed Alarmed Astonished Horrified Uneasy Wary Alert Unsettled Suspicious Awkward Concerned Bothered Stressed Agitated Overwhelmed</p>	<p><b>NEGATIVE SOCIAL</b></p> <p>Don't Like (someone) Hate (someone)</p> <p>Lonely Shy Embarrassed Jealous Envious Bashful Awkward Humiliated Mortified Sorry Regretful Guilty Ashamed Longing Lost Hurt</p>	<p><b>NEGATIVE ENGAGEMENT</b></p> <p>Don't like (something) Hate (something)</p> <p>Yuk Bored Fed-up Confused Muddled Puzzled Baffled Lost Frustrated Disgusted Longing</p> <p>Over-excited Over-stimulated Obsessed</p>