



## Emotion Word List

### Red Emotions

#### Anger

Irritation  
Frustration  
Resentment  
Contempt  
Rage

#### Sadness

Unhappy  
Sorrow  
Lonely  
Loss  
Grief

#### Fear

Stress  
Anxious  
Dread  
Panic  
Terror

#### Shame

Disgust  
Embarrassment  
Humiliation  
Worthless  
Hopeless

#### Guilt

Regretful  
Apologetic  
Remorse  
Dishonor  
Ashamed

#### Hurt

Slighted  
Indignant  
Insulted  
Offended  
Upset

### Green Emotions

#### Love

Affection  
Compassion  
Tenderness  
Warmth  
Heartfelt

#### Joy

Happy  
Glad  
Hopeful  
Elated  
Euphoria

#### Peace

Relaxed  
Content  
Present  
Flowing  
Free

#### Passion

Aliveness  
Desire  
Zest  
Enthusiasm  
Ecstatic

#### Excitement

Pleasure  
Enjoyment  
Anticipation  
Delight  
Eagerness

#### Gratitude

Thankful  
Appreciative  
Acknowledgment  
Grace  
Blessing