

Grateful

Appreciative,
Beholden,
Honouring, Humble,
Lucky, Moved,
Reverent,
Serendipitous,
Thankful, Touched

Satisfied

Comforted, Complete,
Content, Fulfilled,
Gratified, Gruntled,
Nourished, Quenched,
Reassured, Relieved,
Relishing, Sated,
Salved, Savouring,
Solaced, Soothed,
Spacious, Whole

Joy

Amused, Delighted,
Felicity, Glad, Happy,
Jocular, Jolly, Jovial,
Jubilant, Merry,
Mirthful, Playful,
Pleased, Tickled

Friendly

Amicable, Attentive,
Camaraderie,
Connected,
Convivial, Genial,
Generous, Open,
Present, Receptive,
Responsive, Social,
Warm

Loving

Accepting, Adoring,
Affectionate,
Co-regulated, Cozy,
Fond, Nurturing,
Openhearted,
Resonant, Soft,
Tender, Vulnerable

Calm

Centered, Clarity,
Comfortable, Ease,
Equanimous,
Grounded, Mellow,
Neutral, Peaceful,
Pensive, Quiet,
Relaxed, Serene, Still,
Tranquil, Unfazed,
Unflappable

Releasing

Crying, Discerning,
Exhaling, Grounding,
Laughing, Massaging,
Moving, Pausing,
Reaching-out, Reassuring,
Repairing, Sensing,
Shaking, Shuddering,
Sighing, Singing, Soothing,
Squeezing, Tapping, Teary,
Unclenching, Voicing,
Writing/ Arting, Yawning

Compassionate

Benevolent, Caring,
Clement, Conciliated,
Conscientious,
Empathic, Forgiving,
Patient, Solicitous,
Sympathetic

Renewed

Enlivened,
Redeemed,
Refreshed,
Reinvigorated,
Rejuvenated,
Rested, Restored,
Revived,
Transformed

Excited

Agog, Animated, Ardent,
Aroused, Bubbly,
Dazzled, Eager,
Energetic, Enthusiastic,
Giddy, Invigorated, Keen,
Lively, Motivated,
Passionate,
Spontaneous, Stoked,
Surprised, Vibrant,
Zestful

Elated

Bliss, Carefree,
Ecstatic,
Effervescent,
Enthralled, Euphoric,
Exhilarated,
Exuberant, Glee,
Overjoyed, Thrilled

Engaged

Absorbed, Alert,
Curious, Enchanted,
Engrossed, Entranced,
Fascinated, Focused,
Interested, Intrigued,
Involved, Spellbound,
Stimulated

Committed

Accountable,
Dedicated, Devoted,
Diligent, Driven,
Resilient, Resolute,
Resolved, Steadfast,
Tenacious,
Wholehearted

Encouraged

Affirmed, Buoyant,
Cheerful, Ebullient,
Expectant,
Heartened, Hopeful,
Jocund, Lighthearted,
Optimistic, Peart,
Supported, Upbeat,
Uplifted, Validated

Expansive

Adventurous,
Amazed,
Astonished, Awed,
Inspired, Inspirited,
Mesmerized,
Radiant, Rapturous,
Uplifted, Wonder

Empowered

Aplomb, Bold, Brave,
Confident,
Courageous,
Discerning, Gallant,
Intrepid, Irreverent,
Proud, Safer, Secure,
Strong, Triumphant,
Trusting, Unscathed,
Valiant

Fear

Apprehensive,
Concerned,
Daunted, Dread,
Foreboding, Frantic,
Frightened, Mistrustful,
On-guard, Panicked,
Petrified, Pusillanimous,
Scared, Suspicious,
Terrified, Vigilant, Wary,
Worried

Sad

Crestfallen, Dejected,
Demoralized, Depressed,
Despair, Despondent,
Deterred, Disappointed,
Discouraged,
Disenchanted,
Disheartened, Dispirited,
Forlorn, Gloomy,
Heavy-hearted,
Lugubrious, Melancholy,
Morose, Mournful,
Sombre, Sorrow,
Unhappy

Pained

Agony, Anguished,
Bereaved, Crushed,
Desolation, Destroyed,
Devastated, Dolor,
Grief, Heartbroken,
Hopeless, Hurt,
Inconsolable, Lonely,
Miserable, Shattered,
Suffering, Tormented,
Woe, Wrecked,
Wretched

Disquiet

Agitated, Alarmed, Angst,
Anxious, Discombobulated,
Disconcerted, Disturbed,
Fazed, Flabbergasted,
Fretful, Nervous, Perturbed,
Preoccupied, Queasy,
Rattled, Ruminating,
Serious, Shaky, Shocked,
Shook-up, Startled,
Stunned, Surprised, Tense,
Troubled, Turbulent,
Turmoil, Uncomfortable,
Unnerved, Unsettled

Frustrated

Aggravated, Annoyed,
Begrudging,
Dismayed,
Disgruntled,
Displeased,
Exasperated,
Flustered, Impatient,
Irritated, Miffed,
Riled, Stewing

Cranky

Bitter, Bothered,
Bugged,
Cantankerous,
Crabby, Crusty,
Cynical, Grouchy,
Grumpy, Huff, Jaded,
Peevish, Pessimistic,
Prickly, Snappy, Sulky,
Vexed

Angry

Affronted, Aggrieved,
Boiling, Cross,
Defensive, Defiant,
Enraged, Fed-up, Fiery,
Fuming, Furious, Galled,
Hangry, Incensed,
Indignant, Irate, Livid,
Mad, Outraged,
Pissed-off, Rage,
Reactive, Resentful,
Ticked-off, Wrath

Overwhelmed

Distressed,
Distraught,
Frazzled, Irritable,
Overstimulated,
Stressed-out,
Stuck, Swamped,
Upset

Restless

Antsy, Driven,
Edgy, Fidgety,
Hurried, Impelled,
Jittery, Rushed,
Uneasy,
Ungrounded, Wired

Craving

Captivated, Clinging,
Coveting, Desire,
Discontented, Dissatisfied,
Envy, Fixated, Grasping,
Gripping, Hankering,
Hungry, Itch, Jealous,
Longing, Lust, Nostalgic,
Pining, Ravenous,
Sentimental, Thirsty, Urge,
Wistful, Yearning, Zeal

Averse

Abhorrence, Aghast,
Animosity,
Antagonistic, Appalled,
Contempt, Disdain,
Disgusted, Dislike,
Distaste, Gross, Hate,
Horrorified, Hostile,
Ill-will, Loathing,
Reluctant, Repulsed,
Revolted, Revulsion,
Spite, Vengeful

Confused

Ambivalent, Baffled,
Bemused, Bewildered,
Dazed, Disillusioned,
Disoriented, Doubt,
Enmeshed, Flummoxed,
Foggy, Fuddled,
Hesitant, Lost, Muddled,
Mystified, Perplexed,
Puzzled, Stumped,
Stymied, Torn,
Uncertain, Unsure

Disconnected

Alienated, Aloof, Apathetic,
Blasé, Bored, Cold,
Complacent, Detached,
Dispassionate, Dissociated,
Distant, Distracted, Empty,
Flat, Guarded, Idle,
Indifferent, Inertia, Isolated,
Noncommittal, Numb,
Passive, Removed,
Reserved, Skeptical,
Spaced-out, Spiritless,
Stagnant, Uninterested,
Withdrawn

Fatigued

Beat, Burnt out,
Depleted, Devitalized,
Drained, Effete,
Exhausted, Kaput,
Languid, Lethargic,
Listless, Prostrated,
Run-down, Sapped,
Sleepy, Sluggish, Spent,
Tired, Tuckered, Weary,
Worn-out

Guilty

Apologetic, Atoning,
Awful, Compunctuous,
Contrite, Erring,
Iniquitous, Lamenting,
Mistaken, Penitent,
Regretful, Remorseful,
Repentant, Rueful,
Sheepish, Solecistic,
Sorry, Wanton

Shame

Abashed, Awkward,
Blushful, Chagrined,
Embarrassed,
Flustered, Humiliated,
Inhibited, Mortified,
Recoiling,
Self-conscious,
Shrinking

Vulnerable

Exposed, Inadequate,
Ineffective, Insecure,
Perilous, Powerless,
Precarious, Raw,
Resigned, Sensitive,
Timid, Trapped,
Triggered, Unsafe,
Vincible

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Acknowledgement that many groupings of emotions started from [Rachelle Lamb's feelings list](#), then expanded, shifted, changed.