

Negative Emotions List -

Afraid Agitation Agony Aggressive Alarmed Alienation Anger Anguish
Annoyed Anxious Apathetic Apprehension Aversion Baffled Belittled
Betrayed Bewildered Bitter Bored Brooding Claustrophobic Coercive
Confusion Contempt Controlled Cowardly Cross Cruel Dazed Dejected
Demoralized Depressed Despairing Disappointed Discombobulated
Discomforted Discontented Disgruntled Disgusted Disheartened Dislike
Dismay Disoriented Dispirited Displeasure Distressed Disturbed Dis-
Valued Doubting Dread Dumbstruck Embarrassed Ennui Envious
Exasperated Fear Fearful Fright Frustrated Furious Gloomy Glumness
Greed Grief Grouchy Grumpy Guilt Hate Helpless Homesickness
Hopeless Horrified Humiliation Hurt Hysteria Ignored Impatience
Indignant Infuriated Insecure Insulted Irritated Isolated Jealous Lazy
Loathing Lonely Longing Loopy Mad Melancholy Miserable Miserly
Mixed-Up Moody Mortified Nasty Nauseated Negative Neglected
Nervous Not-Heard Numb Obstinate Offended Outraged Overwhelmed
Panicked Paranoid Perplexed Pessimistic Pity Possessive Powerless
Puzzled Rage Rattled Regret Rejected Reluctant Remorseful
Resentment Resignation Restlessness Revulsed Ruthless Sadness
Scared Scorn Self-Conscious Self-Critical Self-Doubtful Self-Loathing
Self-Pity Shame Shocked Small Smug Sorrow Spite Stressed Stubborn
Stuck Submissive Suffering Sullen Suspicious Tension Terror
Threatened Tired Torment Troubled Uncertainty Undermined
Uneasiness Unhappy Unnerved Unimportant Unsettled Unsure Upset
Vengeful Vicious Hyper-Vigilant Vulnerable Weak Woe Worried
Wrathful