

# Your Emotional Vocabulary List

A large and articulate emotional vocabulary can – all by itself – help you develop emotion regulation skills. What’s more, research is showing that a large emotional vocabulary can even protect your mental and emotional health!

This emotional vocabulary list was crowd-sourced by the *Dynamic Emotional Integration*® (also known as DEI) community over many years, and is organized alphabetically by emotion and intensity. Enjoy building your vocabulary – and note that we’ve included our DEI words for the gifts, skills, and genius your emotions contain!

## ~~~~~ANGER, APATHY, and HATRED~~~~~

### Soft Anger, Apathy, and Hatred

Ambivalent ~ Annoyed ~ Assertive ~ Calm ~ Certain ~ Confident ~ Crabby ~ Cranky ~ Critical ~ Cross ~ Detached ~ Determined ~ Discerning ~ Disengaged ~ Displeased ~ Distracted ~ Frustrated ~ Honorable ~ Impatient ~ Independent ~ Irritated ~ Peeved ~ Protective ~ Quiet ~ Rankled ~ Secure ~ Self-Assured ~ Separate ~ Steady ~ Uninspired

### Medium Anger, Apathy, and Hatred

Affronted ~ Aggravated ~ Angry ~ Antagonized ~ Apathetic ~ Arrogant ~ Autonomous ~ Aware of Your Shadow ~ Bored ~ Bristling ~ Clear-Eyed ~ Cold ~ Courageous ~ Defended ~ Dignified ~ Disinterested ~ Exasperated ~ Incensed ~ Indifferent ~ Indignant ~ Inflamed ~ Listless ~ Mad ~ Offended ~ Protected ~ Resentful ~ Riled up ~ Sarcastic ~ Self-Aware ~ Sharp ~ Sovereign ~ Steadfast ~ Well-Boundaried

### Intense Anger, Apathy, and Hatred

Aggressive ~ Appalled ~ Belligerent ~ Bitter ~ Contemptuous ~ Disgusted ~ Energized ~ Fierce ~ Furious ~ Hateful ~ Hostile ~ Hypocritical ~ Integrated ~ Irate ~ Livid ~ Loathing ~ Menacing ~ Numb ~ Passionate ~ Piercingly aware ~ Powerful ~ Projecting ~ Raging ~ Ranting ~ Raving ~ Righteous ~ Seething ~ Shadow-Resourced ~ Shielded ~ Spiteful ~ Transformed ~ Tuned out ~ Unresponsive ~ Vengeful ~ Vicious ~ Vindictive ~ Violent

## ~~~~~SHAME and GUILT~~~~~

### Soft Shame and Guilt

Awkward ~ Conscientious ~ Considerate ~ Decent ~ Discomfited ~ Ethical ~ Flushed ~ Flustered ~ Forgiving ~ Hesitant ~ Honest ~ Humble ~ Reserved ~ Restrained ~ Self-Conscious

### Medium Shame and Guilt

Abashed ~ Apologetic ~ Ashamed ~ Chagrined ~ Contrite ~ Culpable ~ Dignified ~ Embarrassed ~ Guilty ~ Honorable ~ Humbled ~ Intimidated ~ Just ~ Moral ~ Noble ~ Penitent ~ Principled ~ Regretful ~ Remorseful ~ Reproachful ~ Respectable ~ Rueful ~ Self-Effacing ~ Self-Respecting ~ Sheepish ~ Sorry ~ Speechless ~ Upstanding ~ Willing to Change ~ Withdrawn

### **Intense Shame and Guilt**

Belittled ~ Conscience-Stricken ~ Degraded ~ Demeaned ~ Disgraced ~ Guilt-Ridden ~ Guilt-Stricken ~ Humiliated ~ Incorruptible ~ Mortified ~ Ostracized ~ Projecting ~ Righteous ~ Self-Condemning ~ Self-Flagellating ~ Shamefaced ~ Stigmatized

## ~~~~~CONFUSION~~~~~

### **Soft Confusion**

Adaptable ~ Changeable ~ Doubtful ~ Innocent ~ Malleable ~ Open-Minded ~ Pensive ~ Preoccupied ~ Puzzled ~ Soft-Focused

### **Medium Confusion**

Ambivalent ~ Bewildered ~ Clouded ~ Confused ~ Contemplative ~ Floating ~ Fuzzy ~ Indecisive ~ Muddled ~ Nebulous ~ Perplexed ~ Spacious ~ Uncertain ~ Unfocused

### **Intense Confusion**

Befuddled ~ Discombobulated ~ Disoriented ~ Escaping ~ Immobile ~ Lost ~ Mystified ~ Overwhelmed ~ Scattered ~ Suspended ~ Timeless ~ Waiting

## ~~~~~ANXIETY~~~~~

### **Soft Anxiety**

Capable ~ Clear-headed ~ Focused ~ Organized ~ Prepared

### **Medium Anxiety**

Activated ~ Anxious ~ Attentive ~ Competent ~ Conscientious ~ Deadline-Conscious ~ Efficient ~ Energized ~ Excited ~ Forward-Focused ~ Motivated ~ Nervous ~ Ready ~ Task-Focused ~ Vigilant ~ Worried

### **Intense Anxiety**

Accomplished ~ Driven ~ Frenzied ~ Hyper-Activated ~ Laser-Focused ~ Pressed ~ Vigorous

## ~~~~~FEAR and PANIC~~~~~

### **Soft Fear**

Alert ~ Apprehensive ~ Aware ~ Careful ~ Cautious ~ Clear ~ Concerned ~ Conscious ~ Curious ~ Disconcerted ~ Disquieted ~ Edgy ~ Fidgety ~ Hesitant ~ Insecure ~ Instinctive ~ Intuitive ~ Leery ~ Lucid ~ Mindful ~ Oriented ~ Pensive ~ Perceptive ~ Shy ~ Timid ~ Uneasy ~ Watchful

### **Medium Fear and Panic**

Afraid ~ Alarmed ~ Attentive ~ Aversive ~ Distrustful ~ Disturbed ~ Fearful ~ Focused ~ Jumpy ~ Perturbed ~ Rattled ~ Ready ~ Resourceful ~ Safety-Seeking ~ Shaky ~ Startled ~ Suspicious ~ Unnerved ~ Unsettled ~ Vigorous ~ Wary

### **Intense Fear and Panic**

Dissociated ~ Filled with Dread ~ Frenzied ~ Healing from Trauma ~ Horrified ~ Hyper-Activated ~ Immobile ~ Laser-Focused ~ Motionless ~ Panicked ~ Paralyzed ~ Petrified ~ Phobic ~ Reintegrated ~ Self-Preserving ~ Shocked ~ Survival-Focused ~ Terrorized ~ Violent

## ~~~~~**JEALOUSY and ENVY**~~~~~

### **Soft Jealousy & Envy**

Concerned ~ Connected ~ Disbelieving ~ Fair ~ Insecure ~ Inspired ~ Protective ~ Self-Aware ~ Trusting ~ Vulnerable ~ Wanting

### **Medium Jealousy & Envy**

Ambitious ~ Amoroso ~ Bonded ~ Committed ~ Covetous ~ Demanding ~ Desirous ~ Devoted ~ Disrespected ~ Distrustful ~ Driven ~ Envious ~ Equitable ~ Generous ~ Guarded ~ Jealous ~ Just ~ Lonely ~ Loving ~ Loyal ~ Motivated ~ Prosperous ~ Romantic ~ Secure ~ Self-Preserving ~ Threatened ~ Wary

### **Intense Jealousy & Envy**

Affluent ~ Ardent ~ Avaricious ~ Fixated ~ Deprived ~ Gluttonous ~ Grasping ~ Greedy ~ Green with Envy ~ Longing ~ Lustful ~ Obsessed ~ Passionate ~ Persistently Jealous ~ Possessive ~ Power-Hungry ~ Resentful ~ Voracious

## ~~~~~**HAPPINESS, CONTENTMENT, and JOY**~~~~~

### **Soft Happiness, Contentment, and Joy**

Amused ~ Calm ~ Comfortable ~ Encouraged ~ Engaged ~ Friendly ~ Hopeful ~ Inspired ~ Jovial ~ Naïve ~ Open ~ Peaceful ~ Smiling ~ Unaware ~ Upbeat

### **Medium Happiness, Contentment, and Joy**

Appreciative ~ Cheerful ~ Confident ~ Contented ~ Delighted ~ Excited ~ Fulfilled ~ Glad ~ Gleeful ~ Gratified ~ Happy ~ Healthy Self-Esteem ~ Invigorated ~ Joyful ~ Lively ~ Merry ~ Optimistic ~ Playful ~ Pleased ~ Praiseworthy ~ Proud ~ Rejuvenated ~ Tickled ~ Unrealistic ~ Ungrounded

### **Intense Happiness, Contentment, and Joy**

Arrogant ~ Awe-Filled ~ Blissful ~ Ecstatic ~ Egocentric ~ Elated ~ Enthralled ~ Euphoric ~ Exhilarated ~ Expansive ~ Flighty ~ Giddy ~ Gullible ~ Heedless ~ Inflated ~ Jubilant ~ Manic ~ Oblivious ~ Overconfident ~ Overjoyed ~ Radiant ~ Rapturous ~ Reckless ~ Renewed ~ Satisfied ~ Self-Aggrandized ~ Thrilled

## ~~~~~**SADNESS and GRIEF**~~~~~

### **Soft Sadness and Grief**

Contemplative ~ Disappointed ~ Disconnected ~ Fluid ~ Grounded ~ Listless ~ Low ~ Steady ~ Regretful ~ Relaxed ~ Releasing ~ Restful ~ Wistful

### Medium Sadness and Grief

Dejected ~ Discouraged ~ Dispirited ~ Down ~ Drained ~ Grieving ~ Heavy-hearted ~ Honoring ~ Lamenting ~ Melancholy ~ Mournful ~ Rejuvenated ~ Relieved ~ Remembering ~ Respectful ~ Restored  
Sad ~ Soothed ~ Sorrowful ~ Still ~ Weepy

### Intense Sadness and Grief

Anguished ~ Bereaved ~ Cleansed ~ Despairing ~ Despondent ~ Forlorn ~ Grief-Stricken ~ Heartbroken ~ Inconsolable ~ Morose ~ Released ~ Revitalized ~ Sanctified

## ~~~~~DEPRESSION and SUICIDAL URGES~~~~~

### Soft Depression and Suicidal Urges

Apathetic ~ Discouraged ~ Disinterested ~ Dispirited ~ Downtrodden ~ Fed Up ~ Feeling Worthless ~ Flat ~ Helpless ~ Humorless ~ Impulsive ~ Indifferent ~ Isolated ~ Lethargic ~ Listless ~ Pessimistic ~ Practical ~ Purposeless ~ Realistic ~ Resolute ~ Tired ~ Withdrawn ~ World-Weary

### Medium Depression and Suicidal Urges

Bereft ~ Certain ~ Constantly Irritated, Angry, or Enraged (*see the Anger list above*) ~ Crushed ~ Depressed ~ Desolate ~ Desperate ~ Drained ~ Emancipated ~ Empty ~ Fatalistic ~ Gloomy ~ Hibernating ~ Hopeless ~ Immobile ~ Inactive ~ Inward-Focused ~ Joyless ~ Miserable ~ Morbid ~ Overwhelmed ~ Passionless ~ Pleasureless ~ Sullen

### Intense Depression and Suicidal Urges

Agonized ~ Anguished ~ Bleak ~ Death-Seeking ~ Devastated ~ Doomed ~ Freed ~ Frozen ~ Guted  
Liberated ~ Nihilistic ~ Numbed ~ Reborn ~ Reckless ~ Self-Destructive ~ Suicidal ~ Tormented ~ Tortured ~ Transformed

**Note:** If you're having thoughts of suicide, don't feel as if you have to wait until you're in the throes of torment to reach out for help. If you can identify your suicidal urges when they're in the soft stage, you can often stop yourself from falling into a pit of anguish. In the territory of the suicidal urge, your capacity for emotional awareness and sensitivity can literally save your life!

If you or anyone you know is feeling suicidal, free and confidential help is available. In the U.S., you can call the [National Suicide Prevention Lifeline](#) at **1-800-273-TALK (8255)**, or you can text or call **988** in some areas. For other countries, the [International Association for Suicide Prevention](#) has a list of crisis and suicide prevention centers throughout the world. In Canada, see the [Canadian Association for Suicide Prevention](#).

## **How to Be Helpful to Someone Who Is Threatening Suicide (*from the NSPL website*)**

- ◆ Be direct. Talk openly and matter-of-factly about suicide.
- ◆ Be willing to listen. Allow expressions of feelings. Accept the feelings.
- ◆ Be non-judgmental.
- ◆ Don't debate whether suicide is right or wrong, or whether feelings are good or bad.
- ◆ Don't lecture on the value of life.
- ◆ Get involved. Become available. Show interest and support.
- ◆ Don't dare them to do it.
- ◆ Don't act shocked. This will put distance between you.
- ◆ Don't be sworn to secrecy. Seek support.
- ◆ Offer hope that alternatives are available but do not offer glib reassurance.
- ◆ Take action. Remove means, such as guns or stockpiled pills.
- ◆ Get help from people or agencies specializing in crisis intervention and suicide prevention.

Thank you for your concern and your willingness to reach out.

## *Nonspecific Emotion Words*

As you develop your emotional vocabulary, you may notice that many people don't have strong vocabularies, or that they don't feel comfortable talking about emotions. Luckily, this doesn't need to stop you from developing your own emotional awareness and skills.

If people aren't able to identify or speak about emotions (or if they're disturbed or offended by the true names for emotions), you can use nonspecific words to gently bring awareness to the true emotion that's present.

If you can frame your observation as a question (or use the phrase "*It seems that you're feeling...*"), you'll help people begin to develop their own emotional awareness and vocabulary.

We've found nine helpful and nonspecific emotion words, and three of them are almost magical because you can use them to describe nearly any emotion. They are ***Bad***, ***Stressed***, and ***Unhappy***.

Another three helpful words are ***Hurt***, ***Overwhelmed***, and ***Upset***. However, you may want to use these words carefully, because they suggest that a person is struggling or vulnerable, and many people don't want to admit that they ever feel that way. Use your best judgment.

There are also three words that many people use to avoid or hide their emotions: ***Fine***, ***Okay***, and ***Whatever***.

Notice how these nine words can be used to describe pretty much every emotion except happiness, contentment, and joy. That's stunning, but it explains why so many of us struggle to develop emotional awareness and emotional skills – both of which rely on a rich emotional vocabulary!!

- **Use liberally:** ***Bad***, ***Stressed***, and ***Unhappy***
- **Use with care:** ***Hurt***, ***Overwhelmed***, and ***Upset***
- **Use when avoidance is wanted:** ***Fine***, ***Okay***, and ***Whatever*** (people can use many other words to avoid emotions, of course!)

Thank you for bringing more emotional awareness to our waiting world (even when it needs to be nonspecific awareness!).