

Emotional Vocabulary-Handout 5

LOW INTENSITY		HIGH INTENSITY
Positive Emotions		
Amused	Delighted	Ecstatic
Anticipating	Eager	Elated
Comfortable	Happy	Enthusiastic
Content	Hopeful	Excited
Glad	Joyful	Fulfilled
Pleased	Surprised	Proud
Relieved	Up	Thrilled
Anger		
Annoyed	Disgusted	Angry
Bothered	Hacked	Contemptuous
Bugged	Mad	Enraged
Irked	Provoked	Fuming
Irritated	Put upon	Furious
Peeved	Resentful	Hateful
Ticked	Spiteful	Hate
Fear		
Apprehensive	Afraid	Desperate
Concerned	Alarmed	Overwhelmed
Tense	Anxious	Panicky
Tight	Fearful	Scared
Uneasy	Frightened	Terrified
Sadness		
Apathetic	Abandoned	Crushed
Bored	Discouraged	Depressed
Disappointed	Distressed	Despairing
Discontented	Drained	Helpless
Mixed up	Hurt	Humiliated
Resigned	Lonely	Miserable
Unsure	Lost	Overwhelmed
Unhappy	Sad	Tortured

Adapted from Robert Shearer's "Interviewing, Theories, Techniques, Practices"