EMOTION OPTIONS

UNDERSTANDING YOUR EMOTIONS

Emotions are complex, and they don't always fit neatly into categories. This chart uses six commonly recognized basic emotions—anger, fear, happiness, sadness, surprise, and disgust—as a starting point for understanding what you feel.

The words within each category represent related feelings and emotional experiences. Some may fit more than one category, depending on the situation and what the experience means to you. **There is no single right answer.** Use this chart as a guide to explore and name what you're feeling, rather than a rule for how you should feel.

ANGER

- Aggressive
- Angry
- Annoyed
- Attacked
- Bitter
- Closed
- Controlled
- Disrespected
- Enraged
- Exasperated
- Frustrated
- Furious
- Hostile
- Impatient
- Irate
- Irritated
- Manipulated
- Ornery
- Resentful

FEAR

- Afraid
- Alarmed
- Ambivalent
- Anxious
- Apprehensive
- Cautious
- Cowardly
- Distrusting
- Exposed
- Fearful
- Frightened
- Frozen
- Helpless
- Hesitant
- Insecure
- Jealous
- Nervous
- Overwhelmed
- Panicked
- Paranoid
- Perfectionist
- Perplexed
- Petrified
- Restless
- Shaken

HAPPY

- Glad
- Accepting
- Amazed
- Amused
- Appreciated
- Balanced
- Calm
- Cherished
- Compassionate
- Comfortable
- Connected
- Content
- Delighted
- Eager
- Ecstatic
- Engaged
- Exhilarated
- Free
- Fulfilled
- Grateful
- Happy
- Hopeful
- Important
- Joyous
- Loving/loved
- Nurtured
- Optimistic
- Peaceful
- Playful
- Proud
- Radiant
- Relaxed
- Relieved
- Satisfied

SAD

- Abused
- Abandoned
- Agonized
- Alienated
- Ashamed
- Apathetic
- Burdened
- Demoralized
- Despair
- Desperate
- Disappointed
- Discouraged
- Disengaged
- Disregarded
- Distant
- Embarrassed
- Empty
- Grief
- Hopeless
- Humiliated
- Hurt
- Ineffective
- Isolated
- Lonely
- Lost
- Miserable
- Neglected
- Pessimistic
- Regretful
- Shameful
- Tired Away
- Withdrawn

SURPRISE

- Amazed
- Awake
- Bewildered
- Confused
- Curious
- Disoriented
- Electrified
- Engaged
- Exhilarated
- Infatuated
- Intimate
- Jaw Dropped
- Open
- Shocked
- Startled
- Standing Tall
- Surprised

DISGUST

- Appalled
- Contemptuous
- Disapproving
- Disgusted
- Envious
- Horrified
- Repulsed
- Turned Away

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