

Emotional Vocabulary List from KarlaMcLaren.com

~~~~~ANGER~~~~~

Soft Anger

Annoyed ~ Frustrated ~ Cross ~ Apathetic ~ Peeved ~ Irritated ~ Cranky ~ Crabby ~ Bored ~ Impatient ~ Critical ~ Cold ~ Displeased ~ Rankled ~ Detached ~ Indifferent

Mood State Anger

Angry ~ Mad ~ Offended ~ Antagonized ~ Bristling ~ Sarcastic ~ Aggravated ~ Arrogant ~ Indignant ~ Inflamed ~ Affronted ~ Resentful ~ Incensed ~ Exasperated ~ Riled up

Intense Anger

Hostile ~ Aggressive ~ Livid ~ Outraged ~ Furious ~ Belligerent ~ Disgusted ~ Appalled ~ Bitter ~ Ranting ~ Raving ~ Contemptuous ~ Hateful ~ Vengeful ~ Vindictive ~ Violent ~ Irate ~ Menacing ~ Seething ~ Vicious ~ Spiteful

~~~~~SADNESS~~~~~

Soft Sadness

Regretful ~ Disappointed ~ Disconnected ~ Distracted ~ Low ~ Listless ~ Wistful

Mood State Sadness

Sad ~ World-weary ~ Down ~ Melancholy ~ Mournful ~ Weepy ~ Grieving ~ Gloomy ~ Dejected ~ Downtrodden ~ Heavy-hearted ~ Forlorn ~ Sorrowful ~ Dispirited ~ Discouraged ~ Drained

Intense Sadness

Despairing ~ Bleak ~ Despondent ~ Depressed ~ Anguished ~ Inconsolable ~ Grief-stricken ~ Hopeless ~ Heartbroken ~ Morose ~ Bereaved

~~~~~HAPPINESS~~~~~

Soft Happiness

Smiling ~ Upbeat ~ Peaceful ~ Calm ~ Amused ~ Open ~ Friendly ~ Encouraged ~ Hopeful ~ Inspired ~ Jovial

Mood State Happiness

Happy ~ Glad ~ Content ~ Optimistic ~ Cheerful ~ Joyful ~ Satisfied ~ Lively ~ Delighted ~ Rejuvenated ~ Pleased ~ Gratified ~ Excited ~ Gleeful ~ Merry ~ Playful

Intense Happiness

Elated ~ Exhilarated ~ Manic ~ Giddy ~ Euphoric ~ Awe-filled ~ Blissful ~ Enthralled ~ Rapturous ~ Jubilant ~ Ecstatic ~ Overjoyed ~ Radiant

~~~~~**FEAR**~~~~~

**Soft Fear**

Alert ~ Hesitant ~ Pensive ~ Watchful ~ Cautious ~ Curious ~ Leery ~ Uneasy ~ Doubtful ~  
Confused ~ Apprehensive ~ Shy ~ Concerned ~ Disquieted ~ Timid ~ Edgy ~ Fidgety ~  
Disconcerted ~ Insecure ~ Indecisive ~ Disoriented

**Mood State Fear**

Fearful ~ Afraid ~ Suspicious ~ Startled ~ Unnerved ~ Anxious ~ Nervous ~ Worried ~ Alarmed ~  
Shaky ~ Perturbed ~ Aversive ~ Wary ~ Distrustful ~ Rattled ~ Unsettled ~ Jumpy

**Intense Fear**

Terrorized ~ Shocked ~ Panicked ~ Filled with Dread ~ Horrified ~ Phobic ~ Petrified ~ Paralyzed

~~~~~**JEALOUSY & ENVY**~~~~~

Soft Jealousy and Envy

Suspicious ~ Insecure ~ Distrustful ~ Protective

Mood State Jealousy and Envy

Jealous ~ Envious ~ Covetous ~ Threatened ~ Demanding ~ Desirous

Intense Jealousy and Envy

Greedy ~ Grasping ~ Persistently jealous ~ Possessive ~ Resentful ~ Threatened ~ Avaricious ~
Gluttonous ~ Green with envy

~~~~~**SHAME & GUILT**~~~~~

**Soft Shame**

Hesitant ~ Flushed ~ Self-conscious ~ Speechless ~ Discomfited ~ Awkward ~ Humble ~ Reticent ~  
Abashed ~ Flustered ~ Withdrawn

**Mood State Shame**

Ashamed ~ Guilty ~ Embarrassed ~ Intimidated ~ Penitent ~ Regretful ~ Remorseful ~ Chagrined ~  
Culpable ~ Reproachful ~ Sheepish ~ Rueful ~ Contrite ~ Humbled

**Intense Shame**

Humiliated ~ Guilt-ridden ~ Guilt-stricken ~ Disgraced ~ Stigmatized ~ Mortified ~ Demeaned ~  
Self-condemning ~ Self-flagellating ~ Degraded ~ Shamefaced ~ Belittled ~ Ostracized

~~~~~**SUICIDAL URGES**~~~~~

Soft Suicidal Urges

Depressed ~ Dispirited ~ Constantly irritated, angry, or enraged (see the anger list on page 1) ~ Helpless ~ Impulsive ~ Withdrawn ~ Apathetic ~ Lethargic ~ Disinterested ~ Pessimistic ~ Purposeless ~ Discouraged ~ Feeling worthless ~ Isolated ~ World-weary ~ Humorless ~ Listless ~ Melancholy ~ Flat ~ Indifferent

Mood State Suicidal Urges

Desperate ~ Hopeless ~ Despairing ~ Morbid ~ Sullen ~ Desolate ~ Miserable ~ Overwhelmed ~ Pleasureless ~ Joyless ~ Fatalistic ~ Empty ~ Passionless ~ Bereft ~ Crushed ~ Drained

Intense Suicidal Urges

Agonized ~ Tormented ~ Self-destructive ~ Tortured ~ Anguished ~ Bleak ~ Numbed ~ Doomed ~ Death-seeking ~ Reckless ~ Devastated ~ Nihilistic

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**Note:** If you're feeling any level of suicidal urges, 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 learn to catch your suicidal urges when they're in the soft stage, you can often stop yourself from falling into the pit of anguish. With suicidal urges, your capacity for emotional awareness and articulation can literally save your life! For more information on this empathic approach to emotions, see the suicide chapter in *The Language of Emotions: What Your Feelings Are Trying to Tell You* (Karla McLaren, 2010).

If you or anyone you know is feeling suicidal, please know that free, safe, confidential help is always available. In the U.S., you can call the *National Suicide Prevention Lifeline* at **1-800-273-TALK (8255)**. For other countries, the *International Association for Suicide Prevention* has a list of crisis and suicide prevention centers throughout the world at <http://www.iasp.info/resources/index.php>.

**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 him or her 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 emotional fluency and for your willingness to support and care for others!