

Words for Feelings

From a little to a lot

HAPPY

content · glad · cheerful ·
delighted · joyful · thrilled
· ecstatic

SAD

down · unhappy · gloomy
· sorrowful · miserable ·
heartbroken

ANGRY

annoyed · cross · irritated
· furious · enraged · livid

AFRAID

nervous · uneasy ·
anxious · frightened ·
terrified · petrified

SURPRISED

startled · amazed ·
astonished · stunned ·
speechless

CALM

at ease · relaxed ·
peaceful · serene ·
tranquil

PROUD

pleased · proud ·
triumphant

HOPEFUL

hopeful · optimistic ·
confident · determined

LONELY

left out · forgotten ·
lonely · isolated

Tip: Name the feeling precisely. "Furious" and "annoyed" are both angry, but they are not the same size of angry.