

Word list about emotions

Positive Emotions:

Joy
Happiness
Contentment
Satisfaction
Excitement
Elation
Ecstasy
Gratitude
Serenity
Optimism

Negative Emotions:

Anger
Frustration
Irritation
Resentment
Disappointment
Sadness
Grief
Melancholy
Despair
Regret

Neutral Emotions:

Calm
Tranquility
Indifference
Boredom
Apathy
Contentment
Satisfaction
Complacency
Acceptance
Tolerance

Mixed Emotions:

Ambivalence
Conflicted
Torn
Mixed feelings
Ambiguity
Uncertainty
Nostalgia
Sentimental
Wistful
Complex emotions

Expressing Emotions:

Expressive
Outburst
Venting
Suppress
Conceal
Reveal
Convey
Mask
Confront
Share

Descriptors:

Emotional
Moody
Temperamental
Sentimental
Stoic
Resilient
Empathetic
Rational
Irrational
Volatile

Verbs related to Emotions:

Feel
Experience
Express
Manage
Cope
React
Respond
Suppress
Confront
Convey

Adjectives to Describe Emotion

Overwhelming
Intense
Profound
Subdued
Subtle
Raw
Genuine
Simmering
Pent-up
Complicated

Phrases and Idioms:

On cloud nine
Walking on air
In seventh heaven
Down in the dumps
Hit rock bottom
On top of the world
Jump for joy
Cry over spilled milk
Cut to the chase
Bite the bullet