

## **500 Emotions and What They May Be Telling You**

### **Anger-Related Emotions (Boundary or injustice signals)**

These often indicate **a boundary has been crossed, unfairness, or frustration with obstacles.**

1. Angry — A boundary feels violated
2. Annoyed — Something small is bothering you
3. Frustrated — Progress is blocked
4. Irritated — Repeated minor stressor
5. Enraged — Deep injustice or hurt
6. Indignant — Moral violation
7. Bitter — Lingering resentment
8. Resentful — Unresolved unfairness
9. Hostile — Feeling threatened or defensive
10. Furious — Intense perceived wrong
11. Aggravated — External pressure building
12. Provoked — Someone triggered a reaction
13. Offended — Personal values were challenged
14. Displeased — Expectations unmet

15. Exasperated — Repeated frustration
16. Outraged — Moral boundaries violated
17. Contemptuous — Disapproval toward someone's behavior
18. Disgusted — Something violates internal standards
19. Vengeful — Desire to restore fairness
20. Defensive — Protecting self-image

### **Sadness-Related Emotions (Loss or disappointment signals)**

These often indicate **grief, loss, unmet expectations, or emotional hurt.**

21. Sad — Something meaningful feels lost
22. Down — Energy and mood lowered
23. Blue — Mild sadness
24. Grief — Processing a loss
25. Heartbroken — Deep emotional loss
26. Lonely — Need for connection
27. Empty — Lack of meaning or fulfillment
28. Disappointed — Expectations not met
29. Hurt — Emotional injury from someone
30. Miserable — Prolonged sadness

- 31. Melancholy — Reflective sadness
- 32. Regretful — Wishing you had acted differently
- 33. Despairing — Feeling hopeless about change
- 34. Abandoned — Feeling left or rejected
- 35. Rejected — Social connection denied
- 36. Isolated — Disconnected from others
- 37. Powerless — Lack of control
- 38. Worthless — Self-worth challenged
- 39. Defeated — Feeling overwhelmed by failure
- 40. Discouraged — Motivation reduced

### **Fear-Related Emotions (Safety and uncertainty signals)**

These emotions often indicate **perceived danger, uncertainty, or vulnerability.**

- 41. Afraid — Perceived threat
- 42. Anxious — Anticipating possible danger
- 43. Nervous — Concern about upcoming event
- 44. Worried — Repetitive concern about outcomes
- 45. Alarmed — Sudden perceived risk
- 46. Panicked — Intense fear response

- 47. Terrified — Extreme fear
- 48. Uneasy — Something feels off
- 49. Apprehensive — Concern about the future
- 50. Insecure — Doubting safety or belonging
- 51. Vulnerable — Feeling exposed emotionally
- 52. Hesitant — Fear of making wrong choice
- 53. Cautious — Protecting yourself from harm
- 54. Paranoid — Fear of hidden threat
- 55. Shaken — Emotional shock
- 56. Startled — Unexpected alarm
- 57. Threatened — Personal safety challenged
- 58. Intimidated — Feeling overpowered
- 59. Timid — Fear of judgment
- 60. Overwhelmed — Stress exceeds capacity

### **Shame & Guilt-Related Emotions (Values or identity signals)**

These emotions often indicate a **conflict between behavior and personal values or fear of judgment.**

- 61. Guilty — Behavior conflicts with values
- 62. Ashamed — Feeling flawed or exposed

63. Embarrassed — Social mistake noticed
64. Humiliated — Public loss of dignity
65. Self-conscious — Awareness of being judged
66. Regretful — Wanting to correct past action
67. Remorseful — Deep guilt about harm done
68. Inadequate — Feeling not good enough
69. Inferior — Comparing yourself negatively
70. Unworthy — Doubting your value
71. Exposed — Private flaw revealed
72. Disgraced — Loss of respect
73. Mortified — Extreme embarrassment
74. Awkward — Social discomfort
75. Uncomfortable — Emotional unease
76. Hesitant — Concern about making mistakes
77. Sheepish — Mild embarrassment
78. Small — Feeling diminished
79. Ridiculed — Feeling mocked
80. Self-doubting — Questioning your abilities

## **Joy & Positive Emotions (Fulfillment signals)**

These emotions often indicate **needs being met, connection, safety, or accomplishment.**

81. Happy — Needs being met
82. Joyful — Deep satisfaction
83. Content — Peace with present moment
84. Excited — Anticipation of something positive
85. Thrilled — Intense excitement
86. Delighted — Pleasant surprise
87. Cheerful — Light positive mood
88. Playful — Desire for fun
89. Energized — Motivation and vitality
90. Optimistic — Expectation of good outcomes
91. Proud — Achievement recognized
92. Grateful — Appreciation for something received
93. Inspired — Motivated by ideas or people
94. Hopeful — Belief improvement is possible
95. Peaceful — Inner calm
96. Relieved — Stress or fear removed
97. Satisfied — Goals fulfilled

98.Fulfilled — Deep life meaning

99.Loving — Emotional warmth toward others

100.Appreciated — Feeling valued

### **Love & Connection Emotions (Relationship signals)**

These indicate **bonding, belonging, and trust.**

101.Loved — Feeling cared for

102.Connected — Emotional closeness

103.Affectionate — Warmth toward someone

104.Compassionate — Concern for others' suffering

105.Empathetic — Understanding others' emotions

106.Tender — Gentle care

107.Warm — Friendly openness

108.Attached — Emotional bond

109.Devoted — Deep commitment

110.Protective — Desire to safeguard someone

111.Trusting — Feeling safe with others

112.Secure — Stability in relationship

113.Accepted — Feeling welcomed

114.Included — Sense of belonging

- 115.Supported — Others helping you
- 116.Encouraged — Confidence boosted
- 117.Admiring — Respect for someone
- 118.Fond — Affectionate liking
- 119.Cherished — Deeply valued
- 120.Loyal — Commitment to connection

### **Surprise & Curiosity Emotions (Learning signals)**

These emotions often signal **novelty, learning opportunities, or shifting expectations.**

- 121.Surprised — Expectations changed suddenly
- 122.Curious — Desire to learn more
- 123.Interested — Attention captured
- 124.Fascinated — Strong curiosity
- 125.Intrigued — Wanting to explore further
- 126.Amazed — Awe at something unexpected
- 127.Astonished — Shock at something impressive
- 128.Confused — Information unclear
- 129.Puzzled — Trying to make sense of something
- 130.Bewildered — Difficulty understanding situation

## **Disgust & Aversion Emotions (Protection signals)**

These emotions often indicate **something violates personal standards or feels unsafe.**

131. Disgusted — Something feels morally or physically repulsive

132. Repulsed — Strong aversion

133. Appalled — Shock at wrongdoing

134. Disturbed — Emotional discomfort

135. Revolted — Moral outrage

136. Sickened — Strong rejection response

137. Turned off — Loss of attraction

138. Nauseated — Physical emotional aversion

139. Grossed out — Something feels contaminating

140. Put off — Desire to distance

## **Motivation & Drive Emotions (Action signals)**

These emotions often push you toward **achievement, change, or persistence.**

141. Determined — Commitment to goal

142. Driven — Strong ambition

143. Focused — Attention directed toward task

144.Motivated — Desire to act

145.Ambitious — Aspiring for achievement

146.Competitive — Desire to succeed relative to others

147.Inspired — Energy toward creation

148.Empowered — Feeling capable of influence

149.Confident — Trust in your ability

150.Courageous — Acting despite fear

151.

- **Calm** — your nervous system feels safe
- **Grounded** — emotionally stable and present
- **Overstimulated** — too much input or demand
- **Restless** — need for change or movement
- **Burned out** — prolonged stress without recovery
- **Validated** — your feelings or experiences were acknowledged
- **Misunderstood** — desire to be heard clearly
- **Jealous** — fear of losing connection or status
- **Envious** — noticing a desire for what others have
- **Nostalgic** — reflecting on meaningful memories
- **Reflective** — processing past experiences

- **Hopeful** — believing improvement is possible
- **Inspired** — something meaningful motivates action

**Emotions usually point to one of these underlying signals:**

- **A need** (connection, rest, respect, safety)
- **A value** (fairness, loyalty, honesty)
- **A boundary** (something feels wrong or too much)
- **A threat** (real or perceived danger)
- **A reward** (something meaningful is happening)

