

POSITIVE FEELINGS

Acceptance
Amusement
Hunger
Respect
Awe, wonder
Joy, happiness
Fun, enjoyment
Thrill
Anticipation
Calmness
Comfort
Contentment
Confidence
Courage
Determination
Desire
Delight
Elation
Euphoria
Ecstasy
Enlightened
Friendship
Glee

NEUTRAL FEELINGS

Agitation
Anger
Apprehension
Anxiety
Angst
Cautiousness
Embarrassment
Fear
Frustration
Grief
Loneliness
Nervousness
Pain
Sadness
Remorse
Sorrow
Shock
Suspense
Surprise
Suffering
Vulnerability
Worry
Confusion

NEGATIVE FEELINGS

Contempt
Bitterness
Boredom, Ennui
Apathy
Arrogance
Avoidance
Depression
Disgust
Disorientation
Disappointment
Discontentment
Envy
Lust
Guilt
Hate
Impatience
Inadequacy
Irritability
Jealousy
Melancholy
Negativity
Nostalgia
Paranoia

Gladness	Detachment	Phobia
Gratitude	Exhaustion	Pity
Happiness	Reluctance	Pride
Inspiration	Indecision	Rage
Kindness		Regret
Love, limerence		Resentment
Modesty		Self-pity
Patience		Shame
Peace		Shyness
Yearning		Timidity
Zest		Torment
Hopeful		Unhappiness
Rapture		Ostentation
Assertive		Aggressive
Togetherness		Stress
Appreciation		Inattentive
Familiarity		Indecision
Security		Repulsion
Tolerance		Constraint
Relaxation		Contempt
Attentiveness		Moodiness
Alertness		Capriciousness
Intent		Antagonism
Decisiveness		

Obligation

Independence

Understanding

Interest

Softness