

Observing and Describing Emotions:

List of Words for Emotions of Love, Anger, Joy, Sadness, Fear and Shame

Anger words

Contempt
Bitterness
Cruelty
Destructiveness
Ferocity
Fury
Hate
Hostility
Outrage
Rage
Revulsion
Scorn
Torment
Vengefulness
Wrath
Anger
Agitation
Disgust
Envy
Exasperation
Jealousy
Loathing
Mean-
spiritedness
Resentment
Spite
Aggravation
Annoyance
Frustration
Grouchiness
Grumpiness
Irritation

Joy words

Joy
Amusement
Bliss
Cheerfulness
Contentment
Delight
Eagerness

Ecstasy
Elation
Enjoyment
Enthralment
Enthusiasm
Euphoria
Excitement
Exhilaration
Gaiety
Gladness
Glee
Happiness
Hope
Jolliness
Joviality
Jubilation
Optimism
Pleasure
Pride
Rapture
Relief
Satisfaction
Thrill
Triumph
Zaniness
Zest
Zeal

Love words

Love
Adoration
Affection
Arousal
Attraction
Caring
Charmed
Compassion
Desire
Enchantment
Fondness
Infatuation
Kindness
Liking

Longing
Lust
Passion
Sentimentality
Sympathy
Tenderness
Warmth

Sadness words

Sadness
Agony
Alienation
Anguish
Crushed
Defeat
Dejection
Depression
Despair
Disappointment
Discontentment
Dismay
Displeasure
Distraught
Gloom
Glumness
Grief
Homesickness
Hopelessness
Hurt
Insecurity
Isolation
Loneliness
Melancholy
Misery
Neglect
Pity
Rejection
Sorrow
Suffering
Unhappiness
Woe

Fear words

Fear
Apprehension
Anxiety
Distress
Dread
Edginess
Fright
Horror
Hysteria
Jumpiness
Nervousness
Overwhelmed
Panic
Shock
Tenseness
Terror
Uneasiness
Worry

Shame words

Shame
Contrition
Culpability
Discomposure
Embarrassment
Guilt
Humiliation
Insult
Mortification
Regret
Remorse

From Linehan, M. (1993b). *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guildford Press, Emotion Regulation Handout, pp. 139-152