Feelings list

257 words in twelve families. Beside each, the closest of the 49 feelings on the Mental emotion grid.

Happy

happy	Happy, warm
joyful	Elated, joyful
cheerful	Cheerful, light
glad	Quietly content
delighted	Happy, warm
pleased	Really good
content	Quietly content
satisfied	Pretty good
grateful	Really good
thankful	Really good
proud	Excited, upbeat
hopeful	Happy, warm
optimistic	Really good
elated	Elated, joyful
ecstatic	Ecstatic, glowing
blissful	Quietly content
merry	Cheerful, light
upbeat	Excited, upbeat
playful	Excited, upbeat
amused	Pretty good
overjoyed	Elated, joyful
euphoric	Elated, joyful
radiant	Cheerful, light
triumphant	Elated, joyful
confident	Motivated, ready
inspired	Excited, upbeat
jolly	Cheerful, light
giddy	Thrilled, lively
lucky	Elated, joyful
blessed	Quietly content
carefree	Really good
glowing	Ecstatic, glowing

Calm

calm	Calm, easy
peaceful	Peaceful, rested
relaxed	Relaxed, easy
serene	Serene, rested
tranquil	Peaceful, rested
comfortable	Serene, rested
safe	Calm, content
secure	Relaxed, easy
mellow	Mellow, soft
easygoing	Calm, easy
relieved	Pretty good
restful	Peaceful, rested
quiet	Still, quiet
patient	Calm, easy
cozy	Relaxed, easy
leisurely	Relaxed, easy
placid	Quiet, even
gentle	Calm, content
contented	Calm, content
snug	Mellow, soft
untroubled	Mellow, soft
rested	Serene, rested
settled	Settled, calm

Loving

loving	Happy, warm
affectionate	Happy, warm
tender	Mellow, soft
warm	Happy, warm
compassionate	Mellow, soft
accepted	Calm, easy
appreciated	Calm, content
supported	Calm, easy
friendly	Really good
sympathetic	Mellow, soft
adored	Happy, warm
cherished	Pretty good
romantic	Happy, warm
devoted	Pretty good
loved	Happy, warm
fond	Calm, easy
respected	Really good

Excited

excited	Excited, upbeat
eager	Eager, pumped
enthusiastic	Thrilled, lively
energetic	Eager, pumped
curious	Alert, engaged
interested	Alert, engaged
motivated	Motivated, ready
determined	Driven, focused
alert	Alert, engaged
focused	Driven, focused
passionate	Thrilled, lively
lively	Thrilled, lively
animated	Excited, upbeat
adventurous	Thrilled, lively
bold	Driven, focused
daring	Eager, pumped
keen	Eager, pumped
intrigued	Alert, engaged
fascinated	Alert, engaged
engaged	Alert, engaged
vibrant	Thrilled, lively
spirited	Excited, upbeat
ambitious	Driven, focused
thrilled	Thrilled, lively
driven	Driven, focused
pumped	Eager, pumped
wired	Wired, buzzing

Surprised

surprised	Alert, engaged
amazed	Thrilled, lively
astonished	Alert, engaged
shocked	Restless, on edge
startled	Jittery, antsy
confused	Slightly off
bewildered	Unsettled, tense
puzzled	Slightly off
dazed	Slightly off
speechless	Slightly off
disoriented	Slightly off
mystified	Slightly off

Sad

sad	Glum, flat
unhappy	Glum, flat
blue	Kind of flat
gloomy	A bit down

glum	Glum, flat
melancholy	A bit down
heartbroken	Heavy-hearted
heavy-hearted	Heavy-hearted
grieving	Heavy-hearted
mournful	Heavy-hearted
lonely	Glum, flat
isolated	Kind of flat
empty	Weary, empty
hopeless	Heavy-hearted
helpless	Glum, flat
discouraged	A bit down
disappointed	Glum, flat
regretful	A bit down
hurt	Glum, flat
sorrowful	Heavy-hearted
miserable	Glum, flat
despondent	Heavy-hearted
dejected	Heavy-hearted
homesick	A bit down
numb	Weary, empty
tearful	A bit down
crushed	Heavy-hearted
rejected	Glum, flat
abandoned	A bit down
neglected	Glum, flat
forlorn	Kind of flat
wistful	Kind of flat
flat	Kind of flat

Afraid

afraid	Anxious, tense
scared	Anxious, tense
frightened	Anxious, tense
terrified	Anxious, tense
fearful	Anxious, tense
anxious	Anxious, tense
nervous	Jittery, antsy
worried	Anxious, tense
uneasy	Slightly off
tense	Anxious, tense
panicky	Anxious, tense
apprehensive	Unsettled, tense
insecure	Unsettled, tense
vulnerable	Unsettled, tense
threatened	Anxious, tense
alarmed	Restless, on edge
jittery	Jittery, antsy
antsy	Jittery, antsy
restless	Restless, on edge
stressed	Stressed out
overwhelmed	Frazzled, frayed
frazzled	Frazzled, frayed
unsettled	Unsettled, tense
pressured	Stressed out
frantic	Jittery, antsy
suspicious	Unsettled, tense
timid	Slightly off
shy	Slightly off
hesitant	Unsettled, tense
doubtful	Unsettled, tense
unsure	Unsettled, tense

Angry

angry	Angry, tense
mad	Angry, tense
furious	Furious, raging
enraged	Furious, raging
raging	Furious, raging
irritated	Irritated, edgy
irritable	Irritated, edgy
annoyed	Irritated, edgy
frustrated	Angry, tense
resentful	Fed up
bitter	Fed up
hostile	Angry, tense
aggressive	Furious, raging
impatient	Irritated, edgy
jealous	Angry, tense
envious	A bit bothered
indignant	Angry, tense
outraged	Angry, tense
irate	Angry, tense
livid	Furious, raging
cranky	Irritated, edgy
grumpy	Irritated, edgy
agitated	Angry, tense
vengeful	Angry, tense
defensive	A bit bothered
spiteful	Angry, tense
offended	Irritated, edgy
edgy	Irritated, edgy
bothered	A bit bothered

Disgusted

disgusted	Irritated, edgy
appalled	Angry, tense
scornful	Irritated, edgy
queasy	Slightly off

Ashamed

ashamed	A bit down
guilty	A bit down
embarrassed	Unsettled, tense
humiliated	Glum, flat
remorseful	Heavy-hearted
inadequate	A bit down
worthless	Glum, flat
foolish	Slightly off
inferior	A bit down
awkward	Unsettled, tense
sorry	A bit down
disgraced	Glum, flat
uncomfortable	Unsettled, tense
apologetic	Slightly off

Tired

tired	Worn down
exhausted	Wiped out
drained	Drained, low
weary	Weary, empty
sleepy	Sleepy, slow
sluggish	Sluggish, low
bored	Kind of flat
listless	Kind of flat
indifferent	Quiet, even
fatigued	Worn down
lazy	Sluggish, low
detached	Kind of flat
drowsy	Sleepy, slow
groggy	Sluggish, low
jaded	A bit down
dull	Kind of flat

Neutral and mixed

okay	Doing okay

fine	Doing okay
alright	Doing okay
so-so	Right in the middle
meh	Kind of flat
neutral	Quiet, even
ordinary	Right in the middle
normal	Doing okay
steady	Settled, calm

balanced	Settled, calm
unbothered	Quiet, even
nonchalant	Quiet, even
chill	Relaxed, easy
bittersweet	Quietly content and A bit down
nostalgic	Mellow, soft and A bit down

ambivalent	Doing okay and Slightly off
mixed	Pretty good and Slightly off
conflicted	Motivated, ready and Unsettled, tense
torn	Motivated, ready and Unsettled, tense

Each word's place on the grid: getmental.app/feelings-list/. Words describe a moment; this is not a test or a diagnosis. CC BY 4.0, Mental.