

Positive Emotions and Words

Language to Create, Support, Sustain and Strengthen Performance and Pleasant Feelings

Able	Cautious	Exhilarated	Humble	Nice
Accepted	Centered	Easy going	Humorous	Nifty
Accomplished	Certain	Euphoric	High	Noteworthy
Achieving	Cheerful	Exceptional	Impressive	Open
Active	Cherished	Exhilarated	Intelligent	Optimistic
Adaptable	Clean	Experienced	Impressive	Observant
Adequate	Clear	Expressive	Ingenious	Open-hearted
Admirable	Clever	Exuberant	Innocent	Open-minded
Adored	Collected	Faithful	Inspirational	Obliging
Affectionate	Comfortable	Fantastic	Inspired	Original
Affluent	Compassionate	Firm	Interesting	Outstanding
Alive	Competent	Flexible	Inviting	Pacified
Agreeable	Concerned	Focused	Important	Pampered
Alert	Confident	Forceful	Intense	Pardoned
Ambitious	Connected	Forgiven	Invincible	Passionate
Amused	Considerate	Fortunate	Included	Patient
Appreciated	Content	Free	Intense	Peaceful
Assertive	Complete	Friendly	Invigorated	Perfect
Assured	Cool	Fascinating	Jovial	Persistent
At Ease	Courageous	Fulfilled	Joyful	Pleasant
Attentive	Creative	Funny	Jubilant	Pleased
Attractive	Curious	Gentle	Kind	Popular
Authentic	Composed	Genuine	Liberated	Proficient
Awake	Daring	Gifted	Light-hearted	Positive
Aware	Decisive	Glowing	Loved	Powerful
Awed	Desirable	Good	Loyal	Precious
Balanced	Delighted	Graceful	Lucky	Prepared
Believing	Dignified	Gracious	Learned	Present
Beautiful	Discerning	Gratified	Likeable	Productive
Blessed	Disciplined	Grounded	Magnetic	Progressive
Blissful	Distinguished	Growing	Marvelous	Prosperous
Believing	Dynamic	Glad	Masterful	Protected
Brave	Eager	Glorious	Mature	Prudent
Bright	Ecstatic	Great	Modest	Punctual
Brilliant	Efficient	Generous	Motivated	Purposeful
Belonging	Empathetic	Happy	Merciful	Playful
Calm	Enchanted	Harmonious	Methodical	Proud
Capable	Encouraged	Helpful	Mindful	Poised
Captivated	Energetic	Heroic	Magnificent	Practical
Caring	Enraptured	Honest	Majestic	Quick
Cared for	Enthusiastic	Honorable	Mellow	Qualified
Carefree	Excited	Hopeful	Neat	Radiant

Charitable	Elated	Humane	Noble	Reliable
Receptive	Tender	Sensitive	Valued	
Refreshed	Tolerant	Settled	Vital	
Relaxed	Tranquil	Skillful	Victorious	
Relived	Tactful	Smooth	Visionary	
Reserved	Temperate	Spirited	Virtuous	
Resilient	Thankful	Splendid	Vibrant	
Resistant	Tenacious	Stable	Warm	
Resourceful	Teachable	Steadfast	Wealthy	
Respected	Thoughtful	Strong	Whole	
Righteous	Thrilled	Successful	Worthy	
Resolute	Triumphant	Superior	Wiley	
Responsible	Trustworthy	Self-reliant	Wonderful	
Rich	Thorough	Self-sufficient	Wild	
Satisfied	Understanding	Savvy	Wise	
Secure	Understood	Suave	Worthwhile	
Selfless	Upbeat	Smart	Winning	
Sensational	Unequaled	Serious	Witty	
Self-righteous	Useful	Sentimental	Young	
Serene	Unique	Self-confident	Youthful	
Sensible	Unselfish	Sincere	Zealous	
Safe	Valiant	Sociable		

Negative Emotions and Words

Language to Negate, Curtail and Stifle Pleasant Feelings

Angry	Burned-out	Cut off	Distressed	Frantic
Abused	Bewildered	Cranky	Distrustful	Fatigued
Abandoned	Bitter	Crazy	Disturbed	Feeble
Accused	Blamed	Crippled	Doomed	Frightened
Annoyed	Blue	Cruel	Doubtful	Frustrated
Antagonized	Bored	Cursed	Drained	Filthy
Anxious	Brokenhearted	Dumbfounded	Dreadful	Furious
Ashamed	Bugged	Despairing	Doubtful	Finished
Adrift	Burdened	Defeated	Drained	Flustered
Afraid	Confrontational	Dead	Desperate	Foggy
Aggravated	Chaotic	Deserted	Destroyed	Forlorn
Agitated	Cold	Desolate	Discarded	Forsaken
Agonized	Confused	Defiant	Discredited	Fragmented
Alarmed	Complacent	Depressed	Disgraced	Frantic
Alienated	Closed	Decimated	Disgusted	Forgotten
Alone	Conceited	Dejected	Dismayed	Gloomy
Ambivalent	Compulsive	Deflated	Distant	Glum
Anguished	Cowardly	Degraded	Distressed	Goofy
Anonymous	Crushed	Dependent	Disturbed	Greedy

Apathetic	Critical	Desperate	Detached	Grieving
Apprehensive	Compulsive	Debased	Embarrassed	Guilty
Argumentative	Captive	Deceived	Envious	Grouchy
Arrogant	Careless	Deluded	Exasperated	Hampered
Abrasive	Censured	Defamed	Empty	Helpless
Ashamed	Chagrined	Deficient	Exhausted	Hesitant
Attacked	Childish	Defiled	Enraged	Harassed
Awful	Chided	Deprived	Explosive	Hated
Awkward	Chastened	Desolated	Estranged	Hunted
Bad	Cheap	Despondent	Excluded	Hopeless
Baffled	Clingy	Detached	Egocentric	Horrorified
Barren	Clumsy	Devalued	Envious	Hostile
Bashful	Compromised	Difficult	Exploited	Hot
Bullied	Compulsive	Different	Flustered	Haunted
Beaten	Conceited	Disappointed	Fearful	Humiliated
Battered	Condemned	Discontented	Failure	Hesitant
Beleaguered	Confined	Discouraged	Foolish	Hungry
Befuddled	Conflicted	Disgusted	Floored	Hurried
Blocked	Confounded	Disrespected	Forgotten	Hopeless
Bested	Contemptible	Distracted	Faithless	Hurt
Belittled	Contentious	Demoralized	Friendless	Hypocritical
Belligerent	Contrary	Demeaned	Frigid	Hysterical
Bereft	Controlled	Dumb	Frustrated	Ignorant
Betrayed	Cynical	Dreary	Furious	Impatient
Immature	Misunderstood	Revengeful	Unsure	
Immobilized	Mixed-up	Ridiculous	Upset	
Impaired	Muddled	Rude	Uptight	
Inadequate	Mad	Repressed	Used	
Incapable	Manipulated	Sad	Useless	
Incompetent	Negative	Self-conscious	Unhappy	
Indecisive	Naïve	Self-pitying	Vengeful	
Inexperienced	Needy	Shaky	Vicious	
Inferior	Neglected	Shameful	Victimized	
Infuriated	Nervous	Shocked	Vulnerable	
Inhibited	Nothing	Shook	Vindictive	
Insecure	Obsessed	Silly	Violent	
isolated	Odd	Sore	Worried	
Insulted	Old	Sorrowful	Worthless	
Impatient	Offended	Sorry	Wanton	
impoverished	Obsolete	Stuck	Wounded	
Intimidated	Oppressed	Stunned	Wicked	
Impulsive	Outraged	Stupid	Weird	
Invisible	Outside	Subdued	Willful	
Incensed	Overwhelmed	Submissive		
Irrational	Pained	Sullen		
Irritated	Panicked	Selfish		

Indecisive	Paralyzed	Self-Sabotaging		
Indignant	Paranoid	Self-Defeating		
Inferior	Passive	Self-Destructive		
Jealous	Poor	Self-Centered		
Judged	Pitiful	Tired		
Jittery	Patronized	Tense		
Joyless	Perplexed	Touchy		
Jumpy	Persecuted	Terrified		
Lazy	Perturbed	Trapped		
Left Out	Pessimistic	Troubled		
Let Down	Pitied	Threatened		
Like a Fool	Pressured	Ugly		
Listless	Provoked	Unappreciated		
Loathsome	Put-Down	Uncertain		
Loathing	Puzzled	Uncomfortable		
Lonely	Rebellious	Unprepared		
Longing	Regretful	Uneasy		
Lost	Rigid	Unfair		
Limited	Rushed	Unfocused		
Let Down	Ruthless	Unforgivable		
Moody	Reckless	Unfulfilled		
Mean	Remorseful	Unimportant		
Melancholy	Resentful	Uninspired		
Miserable	Rejected	Unkind		