

Emotional Intensity Vocabulary

| | Sadness | Fear | Anger | Shame | Love | Disgust | Joy |
|----------|---|--|--|--|---|---|---|
| A little | Low Blue Down Somber Glum Lonely Overwhelmed Disappointed Melancholy Unhappy Dismayed Gloomy Lousy Sorrowful Grieved Depressed Crushed Defeated Distraught Anguished Wretched | Careful Cautious Hesitant Tense Uneasy Edgy Apprehensive Nervous Anxious Alarmed Distressed Scared Frightened Agitated Repulsed Afraid Shocked Hysterical Frantic Panic Stricken Terrified | Ruffled Bothered Agitated Grumpy Displeased Indifferent Irritated Annoyed Frustrated Perturbed Bitter Aggravated Indignant Disgusted Mad Indignant Fuming Hostile Outraged Enraged Explosive | Shy Uncomfortable Awkward Self-conscious Disconcerted Chagrined Contrite Flustered Embarrassed Sorry Apologetic Ashamed Regretful Remorseful Culpable Guilty Disgusted Belittled Humiliated Violated Mortified | Fondness Appreciation Sentimental Longing Tender Warm Infatuation Kindness Liking Caring Compassionate Desired Passionate Lustful Limerence Enchanted Adored Attached Aroused Devoted Intimate Respect Yearning | Objection Dislike Distaste Resentful Sickened Satiated Nauseous Contempt Repulsion Scorn Aversive Antipathy Abhorrence Detestation Condescension Disdain Repugnant Revolted Loathing Spiteful Vile Abomination Hatred | Amused Content Relief Hope Satisfied Jolly Cheerful Excitement Delightful Optimistic Eager Pride Enthralled Glad Rapture Pleasure Eager Euphoric Zeal Glee Rapture Elated Ecstasy |
| A lot | Devastated Miserable | Petrified Numb | Irate Furious | Devastated Degraded | | | |