

Feeling Word List



Pleasant Feelings

OPEN

understanding
confident
reliable
easy
amazed
free
sympathetic
interested
satisfied
receptive
accepting
kind

HAPPY

great
gay
joyous
lucky
fortunate
delighted
overjoyed
gleeful
thankful
important
festive
ecstatic
satisfied
glad
cheerful
sunny
merry
elated
jubilant

ALIVE

playful
courageous
energetic
liberated
optimistic
provocative
impulsive
free
frisky
animated
spirited
thrilled
wonderful

GOOD

calm
peaceful
at ease
comfortable
pleased
encouraged
clever
surprised
content
quiet
certain
relaxed
serene
free and easy
bright
blessed
reassured

LOVE

loving
considerate
affectionate
sensitive
tender
devoted
attracted
passionate
admiration
warm
touched
sympathy
close
loved
comforted
drawn toward

INTERESTED

concerned
affected
fascinated
intrigued
absorbed
inquisitive
nosy
snoopy
engrossed
curious
amused

POSITIVE

eager
keen
earnest
intent
anxious
inspired
determined
excited
enthusiastic
bold
brave
daring
challenged
optimistic
re-enforced
confident
hopeful
somber

STRONG

impulsive
free
sure
certain
rebellious
unique
dynamic
tenacious
hardy
secure

Feeling Word List

Difficult/Unpleasant Feelings

ANGRY	DEPRESSED	CONFUSED	HELPLESS
irritated	lousy	upset	incapable
enraged	disappointed	doubtful	alone
hostile	discouraged	uncertain	paralyzed
insulting	ashamed	indecisive	fatigued
sore	powerless	perplexed	useless
annoyed	diminished	embarrassed	inferior
upset	guilty	hesitant	vulnerable
hateful	dissatisfied	shy	empty
unpleasant	miserable	stupefied	forced
offensive	detestable	disillusioned	hesitant
bitter	repugnant	unbelieving	despair
aggressive	despicable	skeptical	frustrated
resentful	disgusting	distrustful	distressed
inflamed	abominable	misgiving	woeful
provoked	terrible	lost	pathetic
incensed	in despair	unsure	tragic
infuriated	sulky	uneasy	in a stew
cross	bad	pessimistic	dominated
worked up	a sense of loss	tense	
boiling			
fuming			
indignant			

INDIFFERENT	AFRAID	HURT	SAD
insensitive	fearful	crushed	tearful
dull	terrified	tormented	sorrowful
nonchalant	suspicious	deprived	pained
neutral	anxious	pained	grief
reserved	alarmed	tortured	anguish
weary	panic	dejected	desolate
bored	nervous	rejected	desperate
preoccupied	scared	injured	pessimistic
cold	worried	offended	unhappy
disinterested	frightened	afflicted	lonely
lifeless	timid	aching	grieved
grim	shaky	victimized	mournful
	restless	heartbroken	dismayed
	doubtful	agonized	
	threatened	appalled	

Feeling Word List

A list of feeling words can be a powerful tool for writers. Here are several ways to use it:

For Character Development:

Deepen emotional portrayal: Instead of relying on basic emotions like "sad" or "happy," consult the list for nuanced alternatives to paint a more vivid picture of the character's inner world.

Show, don't tell: Rather than stating a character is angry, describe their physical manifestations of anger using feeling words related to sensations: "His jaw tightened, a burning sensation creeping up his neck." Or use words that reflect their internal experience: "Resentment simmered within him."

Create internal conflict: Explore contrasting emotions a character might be experiencing simultaneously. Perhaps they feel "apprehensive" about the future but also "exhilarated" by the possibilities.

Track emotional arcs: Use the list to chart a character's emotional journey throughout the story. How do their feelings change and evolve in response to events?

Build character voice: Certain characters might favor specific types of feeling words. A stoic character might use more restrained language ("annoyed," "irritated"), while a dramatic character might embrace more intense vocabulary ("devastated," "infuriated").

For Setting the Mood and Atmosphere:

Evoke specific emotions in the reader: Carefully chosen feeling words can influence how the reader experiences a scene. Words like "ominous," "foreboding," and "unease" create a sense of suspense.

Enhance imagery and sensory details: Combine feeling words with sensory descriptions to create a more immersive experience. "The cloying sweetness of the perfume filled the room, stirring a feeling of nostalgia."

Reflect the tone of the piece: The overall emotional tone of a story can be shaped by the feeling words used throughout. A lighthearted story might use words like "cheerful," "playful," and "amused," while a darker story might lean towards "somber," "grim," and "bored."

Feeling Word List

For Improving Writing in General:

Expand vocabulary: A feeling word list is a great way to discover new words and broaden your emotional lexicon.

Overcome writer's block: When struggling to describe a feeling, the list can provide inspiration and spark new ideas.

Refine word choice: Use the list to find the most precise and impactful word to convey a specific emotion. Is the character "irritated," "frustrated," or "enraged"?

Avoid clichés: Replace overused feeling words like "sad" and "happy" with more original and descriptive alternatives.

Self-reflection and journaling: Use the list to explore and articulate your own feelings, which can be valuable for personal growth and creative inspiration.

By using a feeling word list strategically, writers can elevate their storytelling, create more compelling characters, and evoke deeper emotional responses from their readers.