

List of Emotions

135 Words that Express Feelings

Here is a list of emotions and how they are categorized:

1. Anger

- **Disgust:** Contempt, disgust, revulsion
- **Envy:** Envy, jealousy
- **Exasperation:** Exasperation, frustration
- **Irritation:** Aggravation, agitation, annoyance, grouchiness, grumpiness, irritation
- **Rage:** Anger, bitterness, dislike, ferocity, fury, hate, hostility, loathing, outrage, rage, resentment, scorn, spite, vengefulness, wrath
- **Torment:** Torment

2. Fear

- **Horror:** Alarm, fear, fright, horror, hysteria, mortification, panic, shock, terror
- **Nervousness:** Anxiety, apprehension, distress, dread, nervousness, tenseness, uneasiness, worry

3. Joy

- **Cheerfulness:** Amusement, bliss, cheerfulness, delight, ecstasy, elation, enjoyment, euphoria, gaiety, gladness, glee, happiness, jolliness, joviality, joy, jubilation, satisfaction
- **Contentment:** Contentment, pleasure
- **Enthrallment:** Enthrallment, rapture
- **Optimism:** Eagerness, hope, optimism
- **Pride:** Pride, triumph
- **Relief:** Relief
- **Zest:** Enthusiasm, excitement, exhilaration, thrill, zeal, zest

4. Love

- **Affection:** Adoration, affection, attraction, caring, compassion, fondness, liking, love, sentimentality, tenderness
- **Longing:** Longing
- **Lust:** Arousal, desire, infatuation, lust, passion

5. Sadness

- **Disappointment:** Disappointment, dismay, displeasure

- **Neglect:** Alienation, defeat, dejection, embarrassment, homesickness, humiliation, insecurity, isolation, insult, loneliness, neglect, rejection
- **Sadness:** Depression, despair, gloom, glumness, grief, hopelessness, melancholy, misery, sadness, sorrow, unhappiness, woe
- **Shame:** Guilt, regret, remorse, shame
- **Suffering:** Agony, anguish, hurt, suffering
- **Sympathy:** Pity, sympathy

6. Surprise

- **Surprise:** Amazement, astonishment, surprise