

Writing for the Health of It:

Eleven Hundred Ways to Describe Your Feelings

This list of nouns and adjectives describing emotions and feelings has evolved over a period of four years with input from nearly 100 people. It does contain a few phrases, but no metaphors (like a king). Several concepts were expressed in multiple forms, each with slightly different connotations and a couple of contributions got lost in the shuffle. Simply reading this list may heighten awareness of your emotions and provide a vocabulary for describing every nuance. This increased vocabulary will make you a stronger writer and as a fringe benefit you may begin feeling calmer and less stressed.

Abandoned	Amazed	Awe struck	Blinded	Buzzed	Combative
Abashed	Ambitious	Awed	Blindsided	Callous	Comfortable
Absorbed	Ambivalent	Awesome	Blissful	Calm	Comforted
Abundant	Amused	Awful	Blocked	Capricious	Committed
Abused	Analytical	Awkward	Blotchy	Captivated	Compassionate
Abusive	Angry	Bad humored	Blue	Caring	Compelled
Accepting	Angst	Badgered	Blue in the face	Cautious	Competent
Accommodating	Anguished	Balanced	Blurry-eyed	Celebratory	Competitive
Acidic	Annihilated	Balky	Boastful	Centered	Complacent
Adamant	Annoyed	Ballistic	Bold	Certain	Complete
Addled	Anticipation	Bankrupt	Bolting	Chagrin	Compulsive
Adequate	Antisocial	Barred	Bored	Challenged	Conceited
Admiring	Antsy	Bashful	Boring	Changeable	Confident
Adorable	Anxiety	Battered	Bothered	Chaotic	Confining
Adoring	Anxious	Beaming	Bouncy	Charged Up	Conflicted
Adrift	Apathy	Bearing	Boxed in	Charmed	Confounded
Adult	Apologetic	Beat up	Brain dead	Charming	Confrontational
Adventurous	Appalled	Beaten	Bratty	Charitable	Confused
Affirmed	Appreciated	Beaten down	Brave	Cheerful	Congratulatory
Afraid	Appreciative	Bedraggled	Bright	Cherished	Connected
Afraid of change	Apprehensive	Befriended	Brilliant	Chicken	Consumed
Aggressive	Approachable	Befuddled	Brimming	Childish	Content
Aggrieved	Appropriate	Beguiled	Broken	Chilly	Contentious
Aghast	Argumentative	Believing	Broken-hearted	Chipper	Contrite
Agitated	Arrogant	Belligerent	Bubbly	Choosy	Contrived
Aglow	Arthritic	Bemused	Bugged	Chubby	Controlling
Agonized	Ashamed	Bereft	Bullied	Chummy	Convinced
Agreeable	Asi-Asi	Betrayed	Bullish	Circumspect	Cool
Airy	Astonished	Bewildered	Bummed	Clean	Coordinated
Alarmed	At end my rope	Bewitched	Buoyant	Clear	Cornered
Alert	At peace	Big-headed	Bounteous	Clownish	Courageous
Alienated	Attuned	Bipolar	Burdened	Clueless	Courteous
Aligned	Atwitter	Bitchy	Buried	Clumsy	Covetous
Alive	Authentic	Bitter	Burned out	Coddled	Cowardly
All over the map	Avaricious	Bitter	Bursting	Coherent	Coy
Alluring	Awake	Blah	Bushed	Cold	Crabby
Alone	Aware	Blasé	Busybody	Cold-hearted	Cracked
Aloof	Awash	Blessed	Butted	Colorful	Cranky

Crazy	Disillusioned	Energetic	Flattered	Gleeful	Honored
Creative	Disjointed	Energized	Flexible	Gloomy	Hooked
Cruel	Dismal	Engrossed	Flighty	Glum	Hopeful
Crushed	Dismayed	Enlivened	Flimsy	God Awful	Hopeless
Curious	Dismissed	Enraged	Flirtatious	Golden	Horny
Curmudgeonly	Disoriented	Enraptured	Flirty	Gone	Horried
Curt	Dispassionate	Enriched	Floundering	Good	Hostile
Cynical	Dispirited	Entertained	Flowing	Good-Natured	Hot
Damaged	Displeased	Enthused	Flummoxed	Goofy	Hot-tempered
Daring	Dissed	Enthusiastic	Flushed	Gracious	Huggable
Dark	Distant	Envious	Flustered	Grateful	Hugged
Darling	Distracted	Envy	Focused	Gratified	Humble
Daunted	Distraught	Euphoric	Foggy	Grating	Humiliated
Dauntless	Distressed	Evaluative	Foolish	Grave	Humorless
Dazzled	Disturbed	Even-Keeled	Forgiving	Greedy	Humorous
Deceitful	Docile	Evil	Forgotten	Grief	Hungry
Dedicated	Dogged	Evolved	Forlorn	Grief-Stricken	Hurried
Deep	Domineering	Exacting	Found	Grim	Hurt
Defeated	Done	Exasperated	Foxy	Gross	Hushed
Defensive	Dopey	Excelling	Fragile	Grouchy	Hysterical
Deferential	Doting	Excessive	Fragmented	Grounded	Ignored
Defiant	Dotty	Excited	Frail	Grudging	Illuminated
Dejected	Doubtful	Exhausted	Frantic	Grumpy	Ill-wishing
Delighted	Down	Exhilarated	Fraudulent	Guarded	Immature
Delusional	Down and out	Exhilarated	Frazzled	Guided	Immobilized
Demeaned	Downed	Exonerated	Freaked Out	Guilt-ridden	Impartial
Demoralized	Downtrodden	Expansive	Freaky	Guilty	Impatient
Demure	Drab	Expectant	Freeing	Gullible	Impish
Denigrated	Dread	Explosive	Frenetic	Gun shy	Impressed
Dependable	Dreamy	Extraterrestrial	Frenzied	Gushy	Impudent
Depleted	Drowned	Exuberant	Fretful	Gutsy	In sync
Depressed	Drudging	Exultant	Friendly	Half	Inadequate
Deprived	Drunk	Fair	Frightened	Halted	Incisive
Desirous	Dry	Faithful	Frigid	Happy	Incomplete
Desolate	Dulled	Fake	Frippy	Hardy	Inconsolable
Desperate	Dumb	Fakey	Frozen	Harmonious	Indifferent
Despondent	Duplicitous	False	Fruity	Hate	Indignant
Destroyed	Dysfunctional	Fat	Frustrated	Hated	Indulgent
Destructive	Eager	Fathered	Fulfilled	Hateful	Infantile
Detached	Easy-going	Fatherly	Full	Haunted	Infatuated
Determined	Ebullient	Fatigued	Full of myself	Healthy	Inferior
Devastated	Ecstatic	Fear	Fun	Heartache	Inflexible
Devilish	Edgy	Fearful	Functioning	Heart-warmed	Inquisitive
Devious	Effervescent	Fearless	Funny	Heavy	Insatiable
Devoted	Egotistical	Fed up	Furious	Helped	Insecure
Devout	Elated	Feisty	Fuzzy	Helpful	Insightful
Different	Elevated	Fenced	Fuzzy-headed	Helpless	Insignificant
Diminished	Eloquent	Fertile	Gawky	Heroic	Inspired
Direct	Embarrassed	Fervent	Generous	Hesitant	Intelligent
Dirty	Empathetic	Fidgety	Gentle	High	Intense
Disappointed	Empathic	Fiery	Genuine	High as a kite	Interested
Disconsolate	Empowered	Finicky	Getting along	Hilarious	Intimidated
Discouraged	Empty	Finished	Giddy	Hip	Intrepid
Disdainful	Enchanted	Fired Up	Gifted	Homesick	Intrigued
Disgruntled	Encircled	Fitful	Glad	Homicidal	Introspective
Disgusted	Encouraged	Flabbergasted	Gleaming	Honest	Intuitive

Invigorated	Lyrical	Nowhere	Pensive	Puzzled	Schizoid
Invisible	Mad	Numb	Peppy	Radiant	Schizophrenic
Involved	Mad at the world	Nursed	Perky	Rage	Scintillating
Invulnerable	Magic	Nurturing	Perplexed	Rankled	Scorned
Irascible	Magnanimous	Nuts	Perturbed	Rapturous	Screened
Irate	Malicious	Objective	Pesky	Raw	Searching
Irked	Manic	Observant	Pessimistic	Reactive	Secure
Irrational	Manipulated	Obsessed	Petty	Ready	Seductive
Irritable	Marginalized	Obtuse	Phobic	Rebellious	Seething
Irritated	Marred	Off-color	Picky	Rebuffed	Self-confident
Isolated	Martyred	Offended	Pious	Receding	Self-important
Jaded	Maternal	Okay	Piss-ant	Receptive	Self-sufficient
Jazzed	Mature	Old-fashioned	Pissed	Reconciled	Sensitive
Jealous	Maudlin	On cloud nine	Pissed off	Red-faced	Sensual
Jittery	Mauled	On edge	Pissy	Reflective	Serene
Jolly	Mean	On pins and needles	Pity	Refreshed	Serious
Joi de vivre	Mean-Spirited		Placid	Regret	Settled
Joyful	Meddlesome	On the edge	Playful	Regretful	Sexy
Joyless	Melancholy	On top	Pleased	Reinvigorated	Shady
Jubilant	Mental	On track	Pleasure	Rejected	Shaken
Judgmental	Mentally healthy	Open	Plucky	Rejuvenated	Sharp
Juiced	Mercurial	Open-minded	Poised	Relaxed	Shattered
Juicy	Meteoric	Optimistic	Poker-faced	Released	Sheltered
Just	Meticulous	Organized	Policed	Relieved	Shocked
Justified	Miffed	Orgasmic	Polite	Reluctant	Shy
Kind	Mindful	Ornery	Poor	Remorseful	Sick
Kindly	Mischievous	Out of control	Positive	Renewed	Sickened
Languid	Mistrustful	Out of it	Postal	Repulsed	Significant
Larcenous	Misunderstood	Out of the loop	Potent	Resentful	Silly
Lazy	Moneyed	Out of touch	Pouty	Resigned	Single-minded
Leery	Moody	Out to get you	Power hungry	Resistant	Sinking
Left Out	Morose	Outgoing	Powerful	Resonant	Sistered
Liberating	Mothered	Out-of-control	Powerless	Resourceful	Sisterly
Light	Mournful	Outrage	Precise	Respected	Skeptical
Likeable	Mousy	Outraged	Pregnant	Respectful	Skipped
Lively	Mulish	Outspoken	Preoccupied	Restless	Skittish
Loathing	Mushed	Over The Top	Prepared	Restored	Sleepy
Loca	Mushy	Overbearing	Pressured	Reticent	Slender
Lonely	Muted	Overflowing	Prodding	Reverent	Slim
Longing	Mystified	Overjoyed	Professional	Reviled	Sloppy
Loony	Nagged	Overloaded	Proficient	Revolted	Slow
Loopy	Narrow-minded	Overlooked	Prolific	Rhythmic	Sluggish
Loosey goosey	Nasty	Overwhelmed	Prosperous	Rigid	Small-minded
Loss of control	Naughty	Pained	Protected	Romantic	Smart
Lost	Naysayer	Pampered	Proud	Rotten	Smiley
Lousy	Needling	Panicked	Psychotic	Rushing	Smoking
Lovable	Needy	Paralyzed	Pugnacious	Sad	Smoky
Love struck	Negative	Paranoid	Pulled	Safe	Smug
Loved	Neglected	Pared	Pumped	Sanctimonious	Snaky
Loving	Nervous	Partnered	Punchy	Sanguine	Snarky
Low	Nice	Passionate	Punitive	Sated	Soaring
Loyal	Noisy	Passive	Pure	Sated	Sobbing
Luminous	Nonchalant	Pathetic	Purposeful	Satisfied	Soft-hearted
Luscious	Nonfunctional	Peaceful	Pushes Away	Scared	Solid
Lustful	Nosy	Peeved	Pushy	Scared to death	Somber
Lusty	Nothing	Peevish	Put Upon	Scattered	Sorrowful

Sorry	Stumped	Thin-Skinned	Ugly	Unsupported	Whole
So-So	Stunned	Thoughtful	Unafraid	Unwanted	Wicked
Soulful	Stupefied	Threatened	Unappreciated	Unwavering	Wild
Sour	Stymied	Thrilled	Unbalanced	Unworthy	Wild-Eyed
Spaced out	Subdued	Thriving	Unbeatable	Up	Willful
Spacey	Subjective	Thwarted	Uncertain	Uplifted	Wily
Special	Sublime	Tickled	Uncontrollable	Uprooted	Wiped-Out
Speedy	Successful	Tight	Undaunted	Upset	Wired
Spent	Sufficient	Timid	Understanding	Used	Wise
Spiritual	Suggestive	Tingly	Understated	Vacuous	Wishful
Spiteful	Suicidal	Tired	Understood	Vampish	Wishy-washy
Squashed	Sulky	Titillated	Underwater	Vapid	Wistful
Squeamish	Superficial	Together	Undone	Vengeful	Witchy
Squelched	Superior	Tolerant	Undulating	Verbose	Witty
Starred	Supple	Tongue-tied	Unemotional	Vexed	Woeful
Steady	Supported	Tormented	Unfeeling	Vibrant	Wonderful
Steamed	Surly	Torn	Unflinching	Visious	Woozy
Steaming	Surprised	Tranquil	Unfocused	Victimized	Worked Up
Steamy	Surviving	Transcendent	Unforgiving	Victorious	Worn
Still	Suspicious	Transfixed	Unfriendly	Violent	Worried
Stimulated	Sweating	Transformed	Unfulfilled	Visionary	Worshiped
Stoic	Sweet	Translucent	Unglued	Vulnerable	Worthless
Stoked	Sympathetic	Transparent	Unhappy	Wandering	Worthy
Stomped	Synchronous	Trapped	Unhinged	Wanted	Wounded
Straight	Taken for granted	Traumatized	Uninterested	Wanting	Wowed
Straight-Spined	Tearful	Tripped	Unique	Warm	Wrung Out
Stressed	Temperamental	Trite	Unloveable	Warm-Hearted	Wry
Strong	Tender	Triumphant	Unnerved	Wary	Yearning
Strong-Willed	Tense	Troubled	Unpleasant	Weak	Yellow-Bellied
Strung Out	Tepid	True	Unreliable	Weary	Young
Stubborn	Terrified	Trusting	Unsettled	Weepy	Zestful
Stuck	Territorial	Trustworthy	Unshakable	Welcome	
Studdly	Testy	Turned Off	Unstable	Whiny	Total: 1100
Stuffy	Thick-Skinned	Two-Faced	Unstoppable	Whipped	