

# NEGATIVE EMOTION LIST

Abandoned	Belittled	Confounded
Abused	Belligerent	Confused
Accused	Bereft	Contemptible
Adrift	Betrayed	Contentious
Afraid	Bewildered	Contradictory
Aggravated	Bitter	Contrary
Aggressive	Blaming	Controlled
Agitated	Bleak	Covetous
Agony	Blocked	Cowardly
Alarmed	Blue	Cranky
Alienated	Boastful	Crazy
Alone	Bored	Crippled
Aloof	Brokenhearted	Critical
Ambivalent	Bugged	Criticized
Anguished	Burdened	Cruel
Animosity	Burned Up	Crushed
Annoyed	Captive	Cursed
Antagonistic	Careless	Cut Off
Anxious	Cast Off	Cynical
Apathetic	Censured	Debased
Apprehensive	Chagrined	Deceitful
Argumentative	Chaotic	Deceived
Arrogant	Chastened	Defamed
Ashamed	Cheap	Defeated
At Fault	Cheapened	Defensive
Attacked	Cheated	Defiant
Avoiding	Childish	Deficient
Awful	Clingy	Defiled
Awkward	Clumsy	Deflated
Bad	Competitive	Degenerate
Baffled	Compromised	Degraded
Banished	Compulsive	Dejected
Barren	Conceited	Dejected
Bashful	Condemned	Demanding
Beaten Down	Confined	Demeaned
Befuddled	Conflicted	Demoralized

# NEGATIVE EMOTION LIST

Dependent	Disturbed	Frantic
Depraved	Dominated	Fretful
Depreciated	Doomed	Friendless
Depressed	Double Minded	Frightened
Deprived	Doubtful	Frigid
Derided	Down	Frustrated
Desecrated	Downcast	Fuming
Deserted	Drained	Furious
Desolate	Dread	Furious
Desolate	Dreary	Gloomy
Despair	Embarrassed	Good for nothing
Despair	Embroided	Grieved
Desperate	Empty	Grim
Despondent	Enraged	Grouchy
Destitute	Envious	Guilty
Destroyed	Estranged	Gullible
Devalued	Exasperated	Harassed
Devastated	Excluded	Hardened
Difficult	Exhausted	Harsh
Disappointed	Exploited	Hasty
Discarded	Exposed	Hatred
Disconcerted	Failure	Haughty
Discouraged	Faithless	Haunted
Discredited	Fatigued	Heartless
Disgraced	Fearful	Helpless
Disgusted	Feeble	Hesitant
Dismal	Filthy	Hindered
Dismayed	Finished	Hopeless
Disorganized	Flighty	Horrible
Disparaged	Flustered	Horried
Dissatisfied	Foggy	Hostile
Distant	Forgetful	Humiliated
Distorted	Forgotten	Hurried
Distressed	Forlorn	Hurt
Distrust	Forsaken	Hypocritical
Distrustful	Fragmented	

# NEGATIVE EMOTION LIST

Hysterical	Jealous	Mortified
Ignorant	Jittery	Mournful
Immature	Joyless	Muddled
Immobilized	Judgmental	Naïve
Impaired	Jumpy	Narrow Minded
Impatient	Lacking	Nauseated
Impotent	Laughed At	Negative
Impoverished	Left Out	Neglected
Imprisoned	Let Down	Nervous
Impulsive	Limited	Obnoxious
In a Bind	Listless	Obsessed
In a Quandary	Livid	Obstinate
Inadequate	Lonely	Obstructed
Incapable	Lonely	Offended
Incensed	Lonesome	On Edge
Incompetent	Longing	Opinionated
Inconsiderate	Lost	Opposed
Inconsistent	Lousy	Oppressed
Indecisive	Low	Outcast
Indignant	Mad	Outraged
Ineffective	Malicious	Overlooked
Inefficient	Maligned	Overwhelmed
Inept	Manipulated	Overworked
Inferior	Manipulative	Pained
Inferior	Materialistic	Panicky
Inflexible	Mean	Paralyzed
Infuriated	Melancholy	Paranoid
Inhibited	Minimized	Peculiar
Insecure	Miserable	Perfectionistic
Insignificant	Miserly	Perplexed
Insincere	Mistreated	Persecuted
Insulted	Misunderstood	Perturbed
Intimidated	Misused	Perturbed
Irresponsible	Mixed Up	Pessimistic
Irritable	Mocked	Phobic
Isolated	Moody	Phony

# NEGATIVE EMOTION LIST

Pitiful	Self Conscious	Terrified
Powerless	Shaky	Thoughtless
Prejudiced	Shallow	Threatened
Pressured	Shameful	Thwarted
Punished	Shocked	Timid
Puny	Shot Down	Tired
Pushed	Shunned	Tortured
Put Down	Shy	Trapped
Puzzled	Sick at Heart	Troubled
Rattled	Sinful	Turned Off
Rebellious	Slammed	Unable
Regretful	Slandered	Unappreciated
Rejected	Slighted	Uncertain
Remorseful	Slow	Uncomfortable
Remote	Small	Undecided
Reproved	Smothered	Undesirable
Repulsive	Smug	Undisciplined
Resentful	Sorrowful	Uneasy
Resistant	Spiteful	Unforgivable
Responsible	Stagnant	Unfriendly
Restless	Stifled	Unfulfilled
Restrained	Stingy	Unhappy
Restricted	Stressed	Unimportant
Ridiculed	Stubborn	Unmindful
Risky	Stumped	Unorganized
Rotten	Stupid	Unpleasant
Ruined	Suffering	Unprotected
Rushed	Suicidal	Unreasonable
Ruthless	Superficial	Unsettled
Sad	Superior	Unsure
Sarcastic	Suspicious	Unthankful
Scared	Tactless	Unwanted
Scattered	Tearful	Unwise
Scuffed At	Temperamental	Unworthy
Scorned	Tense	Upset
Seething	Terrible	Uptight

---

# NEGATIVE EMOTION LIST

---

Used  
Useless  
Vengeful  
Vexed  
Vicious  
Vindictive  
Violated  
Violent  
Vulnerable  
Washed up  
Wasted  
Weak  
Weepy  
Whipped  
Withdrawn  
Worried  
Worthless  
Wounded  
Wounded  
Wrong  
Yearning