LIST OF EMOTIONS

Most emotions researchers agree on these five Universal Emotions that all people have in common.

ENJOYMENT	FEAR	ANGER	SADNESS	DISGUST
Words to describe enjoyment:	Words to describe fear:	Words to describe anger:	Words to describe sadness:	Words to describe disgust:
Ecstatic	Anxious		Melancholic	
□ Blissful	Nervous	Irritated	Gloomy	Displeased
Euphoric	Apprehensive	Indignant	Mournful	Appalled
Delighted	Jittery	Seething	Somber	Offended
Exhilarated	Worried		Downcast	Sickened
Thrilled	Startled	Resentful	Despondent	Repugnant
Content	Dread	Enraged	Heartbroken	Abhorrent
Elated	Trepidation	Outraged		Loathsome
Overjoyed	Aghast	Bitter	Forlorn	
Radiant	🗆 Shaken		Disheartened	Grossed Out
Satisfied	Horrified	Hostile	Dismal	Nauseated
Captivated	Terror-stricken	Incensed	Dejected	Contemptuous
Giddy	Petrified	Infuriated	Desolate	Abominable
🗆 Jubilant	Panicked		Depressed	Disgusted
Sensational	Terrified	Exasperated	Bereaved	Horrified
Gleeful	🗆 Paranoia	Agitated	Regretful	Repelling
Awe-struck	Foreboding	Provoked	Resigned	
Uplifted	Shuddering		Heavyhearted	Vomit-Inducing
Rapturous	Aggrieved	Out of Patience	Pensive	Unappetizing