

Printable List of Emotions: Medium, 50 Words

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The medium list: the five most useful words in each family, with meanings and intensity (● mild, ●● moderate, ●●● strong). The full 100+ word list is at emoatlas.com/blog/list-of-emotions.

50 words in 10 families. Within each family, from mild to intense.

Joy — Signal: something good is happening and is worth repeating.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
contentment	things are as they should be	●●● mild
relief	a worry has passed and tension drops	●●● mild
pride	pleasure in an achievement, yours or someone's	●●● moderate
hope	expecting that things may turn out well	●●● moderate
elation	overflowing joy, hard to sit still	●●● strong

Calm — Signal: no threat right now, it's safe to recover.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
relaxation	body and mind at ease	●●● mild
safety	no threat nearby, you can exhale	●●● mild
acceptance	being okay with what is, without a fight	●●● mild
serenity	quiet clarity, free of worry	●●● moderate
confidence	a sense that you can handle it	●●● moderate

Love & connection — Signal: this person or bond matters to you.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
trust	confidence that you can rely on someone	●●● moderate
gratitude	appreciation for what you received	●●● moderate
belonging	the sense that you fit in here	●●● moderate
compassion	feeling another's pain and wanting to help	●●● moderate
love	deep attachment and care	●●● strong

Interest — Signal: there's something here to learn or gain.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
curiosity	wanting to find out what's next	●●● mild
absorption	lost in an activity, time flies	●●● moderate
anticipation	looking forward to something	●●● moderate
inspiration	a rush of ideas and the urge to create	●●● strong
fascination	interest you can't pull away from	●●● strong

Surprise — Signal: something unexpected happened; time to adjust.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
puzzlement	"wait, how did that happen?"	●●● mild
confusion	thoughts tangle, you need a moment	●●● mild
amazement	strong surprise, often with wonder	●●● strong
shock	surprise that knocks you off balance	●●● strong
awe	wonder at something much bigger than you	●●● strong

Sadness — Signal: something that mattered was lost or didn't happen.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
disappointment	expectations weren't met	●●● moderate
loneliness	missing connection with people	●●● moderate
helplessness	feeling nothing can be done	●●● strong
despair	near-total loss of hope	●●● strong
grief	the deep pain of loss	●●● strong

Fear & anxiety — Signal: possible danger; time to prepare.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
worry	thoughts circling a possible problem	●●● mild
insecurity	doubting yourself or the outcome	●●● mild
nervousness	a jittery body before an event	●●● moderate
anxiety	tense expectation of a threat, often vague	●●● moderate
panic	fear that floods body and mind	●●● strong

Anger — Signal: a boundary was crossed or something blocks a goal.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
irritation	minor but nagging displeasure	● ● ● mild
frustration	blocked from what you want	● ● ● moderate
hurt	feeling wronged by someone	● ● ● moderate
jealousy	fear of losing someone to a rival	● ● ● moderate
rage	anger that's hard to hold back	● ● ● strong

Disgust — Signal: this is unacceptable to you; you want distance.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
boredom	nothing sparks any interest	● ● ● mild
dislike	wanting to keep your distance	● ● ● mild
disgust	strong rejection	● ● ● moderate
contempt	looking down on someone	● ● ● moderate
loathing	extreme disgust	● ● ● strong

Shame & guilt — Signal: you broke your own or others' expectations.

EMOTION / FEELING	WHAT IT MEANS	INTENSITY
embarrassment	uncomfortable under attention	● ● ● mild
shyness	timidity around others	● ● ● mild
guilt	"I did something wrong"	● ● ● moderate
shame	"something is wrong with me"	● ● ● moderate
humiliation	shame in front of others	● ● ● strong

How to use it: "List of Emotions: 100+ Feelings With Meanings" at emoatlas.com/blog/list-of-emotions. For self-reflection only; not a substitute for professional advice.