

# Printable List of Emotions (Letter/A4)

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Find the family closest to what you feel, then pick the most precise word inside it. Dots show intensity: ● mild, ●● moderate, ●●● strong.

103 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    |
|-------------------|------------------------------------------------|--------------|
| pleasure          | a pleasant sensation in the moment             | ●●● mild     |
| contentment       | things are as they should be                   | ●●● mild     |
| cheerfulness      | a light, upbeat mood                           | ●●● mild     |
| playfulness       | wanting to joke and fool around                | ●●● mild     |
| relief            | a worry has passed and tension drops           | ●●● mild     |
| happiness         | a warm sense that things are going well        | ●●● moderate |
| pride             | pleasure in an achievement, yours or someone's | ●●● moderate |
| hope              | expecting that things may turn out well        | ●●● moderate |
| enthusiasm        | a surge of energy and drive to act             | ●●● moderate |
| elation           | overflowing joy, hard to sit still             | ●●● strong   |
| triumph           | the joy of winning after long effort           | ●●● strong   |
| euphoria          | joy at its peak, usually brief                 | ●●● 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     |
| lightness         | nothing weighing you down                | ●●● mild     |
| safety            | no threat nearby, you can exhale         | ●●● mild     |
| acceptance        | being okay with what is, without a fight | ●●● mild     |
| patience          | willingness to wait without irritation   | ●●● mild     |
| composure         | staying steady under pressure            | ●●● moderate |
| serenity          | quiet clarity, free of worry             | ●●● moderate |
| peace             | inner quiet after turmoil                | ●●● moderate |
| confidence        | a sense that you can handle it           | ●●● moderate |
| bliss             | deep, complete peace and pleasure        | ●●● strong   |

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

| EMOTION / FEELING  | WHAT IT MEANS                               | INTENSITY      |
|--------------------|---------------------------------------------|----------------|
| <b>fondness</b>    | warm regard for someone                     | ● ● ● mild     |
| <b>warmth</b>      | gentle goodwill toward others               | ● ● ● mild     |
| <b>trust</b>       | confidence that you can rely on someone     | ● ● ● moderate |
| <b>gratitude</b>   | appreciation for what you received          | ● ● ● moderate |
| <b>belonging</b>   | the sense that you fit in here              | ● ● ● moderate |
| <b>tenderness</b>  | wanting to care for someone gently          | ● ● ● moderate |
| <b>compassion</b>  | feeling another's pain and wanting to help  | ● ● ● moderate |
| <b>affection</b>   | wanting to be close to someone              | ● ● ● moderate |
| <b>admiration</b>  | respect for someone's qualities or actions  | ● ● ● moderate |
| <b>being moved</b> | a warm swell of feeling, sometimes to tears | ● ● ● moderate |
| <b>love</b>        | deep attachment and care                    | ● ● ● strong   |
| <b>adoration</b>   | admiring, all-absorbing love                | ● ● ● strong   |

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

| EMOTION / FEELING   | WHAT IT MEANS                            | INTENSITY      |
|---------------------|------------------------------------------|----------------|
| <b>curiosity</b>    | wanting to find out what's next          | ● ● ● mild     |
| <b>interest</b>     | attention drawn toward something         | ● ● ● moderate |
| <b>intrigue</b>     | a puzzle you want to solve               | ● ● ● moderate |
| <b>absorption</b>   | lost in an activity, time flies          | ● ● ● moderate |
| <b>anticipation</b> | looking forward to something             | ● ● ● moderate |
| <b>eagerness</b>    | wanting it to happen sooner              | ● ● ● moderate |
| <b>inspiration</b>  | a rush of ideas and the urge to create   | ● ● ● strong   |
| <b>thrill</b>       | gripping excitement about a game or risk | ● ● ● strong   |
| <b>fascination</b>  | interest you can't pull away from        | ● ● ● strong   |
| <b>vigilance</b>    | heightened alertness to what's coming    | ● ● ● strong   |

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

| EMOTION / FEELING   | WHAT IT MEANS                            | INTENSITY      |
|---------------------|------------------------------------------|----------------|
| <b>puzzlement</b>   | "wait, how did that happen?"             | ● ● ● mild     |
| <b>confusion</b>    | thoughts tangle, you need a moment       | ● ● ● mild     |
| <b>surprise</b>     | a reaction to the unexpected             | ● ● ● moderate |
| <b>bewilderment</b> | not knowing what to do now               | ● ● ● moderate |
| <b>amazement</b>    | strong surprise, often with wonder       | ● ● ● strong   |
| <b>shock</b>        | surprise that knocks you off balance     | ● ● ● strong   |
| <b>awe</b>          | 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    |
|-----------------------|-------------------------------------|--------------|
| <b>pensiveness</b>    | quiet, slightly sad reflection      | ●●● mild     |
| <b>nostalgia</b>      | bittersweet longing for the past    | ●●● mild     |
| <b>sadness</b>        | heaviness after a loss or letdown   | ●●● moderate |
| <b>disappointment</b> | expectations weren't met            | ●●● moderate |
| <b>longing</b>        | missing what's gone or far away     | ●●● moderate |
| <b>loneliness</b>     | missing connection with people      | ●●● moderate |
| <b>regret</b>         | wishing things had gone differently | ●●● moderate |
| <b>gloom</b>          | low energy and no light ahead       | ●●● moderate |
| <b>helplessness</b>   | feeling nothing can be done         | ●●● strong   |
| <b>emptiness</b>      | hollow, as if nothing is felt       | ●●● strong   |
| <b>despair</b>        | near-total loss of hope             | ●●● strong   |
| <b>grief</b>          | the deep pain of loss               | ●●● strong   |

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

| EMOTION / FEELING    | WHAT IT MEANS                              | INTENSITY    |
|----------------------|--------------------------------------------|--------------|
| <b>worry</b>         | thoughts circling a possible problem       | ●●● mild     |
| <b>apprehension</b>  | a mild sense something may go wrong        | ●●● mild     |
| <b>insecurity</b>    | doubting yourself or the outcome           | ●●● mild     |
| <b>suspicion</b>     | expecting a catch                          | ●●● mild     |
| <b>nervousness</b>   | a jittery body before an event             | ●●● moderate |
| <b>anxiety</b>       | tense expectation of a threat, often vague | ●●● moderate |
| <b>fear</b>          | a response to a specific danger            | ●●● moderate |
| <b>fright</b>        | sudden, short-lived fear                   | ●●● moderate |
| <b>vulnerability</b> | feeling exposed and unprotected            | ●●● moderate |
| <b>dismay</b>        | fear mixed with confusion                  | ●●● moderate |
| <b>panic</b>         | fear that floods body and mind             | ●●● strong   |
| <b>terror</b>        | extreme, paralyzing fear                   | ●●● strong   |

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

| EMOTION / FEELING | WHAT IT MEANS                            | INTENSITY      |
|-------------------|------------------------------------------|----------------|
| irritation        | minor but nagging displeasure            | ● ● ● mild     |
| annoyance         | “ugh, not again”                         | ● ● ● mild     |
| dissatisfaction   | something isn't the way you wanted       | ● ● ● mild     |
| frustration       | blocked from what you want               | ● ● ● moderate |
| hurt              | feeling wronged by someone               | ● ● ● moderate |
| indignation       | a reaction to unfairness                 | ● ● ● moderate |
| anger             | energy aimed at what blocks or harms you | ● ● ● moderate |
| jealousy          | fear of losing someone to a rival        | ● ● ● moderate |
| envy              | wanting what someone else has            | ● ● ● moderate |
| hostility         | an urge to oppose or attack              | ● ● ● strong   |
| rage              | anger that's hard to hold back           | ● ● ● strong   |
| fury              | anger at its limit, control slipping     | ● ● ● 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     |
| disapproval       | “that's not okay”, judging an action | ● ● ● mild     |
| distaste          | recoiling from something unpleasant  | ● ● ● moderate |
| disgust           | strong rejection                     | ● ● ● moderate |
| contempt          | looking down on someone              | ● ● ● moderate |
| loathing          | extreme disgust                      | ● ● ● strong   |
| hatred            | lasting, intense aversion            | ● ● ● strong   |

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

| EMOTION / FEELING | WHAT IT MEANS                      | INTENSITY      |
|-------------------|------------------------------------|----------------|
| awkwardness       | not knowing where to put yourself  | ● ● ● mild     |
| embarrassment     | uncomfortable under attention      | ● ● ● mild     |
| shyness           | timidity around others             | ● ● ● mild     |
| guilt             | “I did something wrong”            | ● ● ● moderate |
| shame             | “something is wrong with me”       | ● ● ● moderate |
| remorse           | guilt plus the wish to make amends | ● ● ● moderate |
| humiliation       | shame in front of others           | ● ● ● strong   |
| worthlessness     | feeling you have no value          | ● ● ● strong   |

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