



List of Negative Emotions

- afraid
- agitation
- agony
- aggressive
- alarm
- alienation
- anger
- anguish
- annoyed
- anxious
- apathy
- apprehension
- aversion
- baffled
- bewildered
- bitter
- bored
- brooding
- claustrophobic
- coercive
- confusion
- contempt
- cowardly
- cruel
- dazed
- dejected
- demoralized
- depressed
- despair
- disappointment
- discombobulated
- discomfort
- discontentment
- disgruntled
- disgust
- disheartened
- dislike
- dismay
- disoriented
- dispirited
- displeasure
- distress
- disturbed
- doubtful
- dread
- dumbstruck
- embarrassment
- ennui
- envy
- exasperated
- fear
- fright
- frustrated
- fury
- gloomy
- glumness
- greed
- grief
- grouchiness
- grumpiness
- guilt
- hate
- helpless
- homesickness
- hopeless
- horrified
- humiliation
- hurt
- hysteria
- impatient
- indignant
- infuriated
- insecurity
- insulted
- irritated
- isolated
- jealousy
- lazy
- loathing
- lonely
- longing
- loopy
- mad
- melancholy
- miserable
- miserliness
- mixed up
- moody
- mortified
- nasty
- nauseated
- negative
- neglected
- nervous
- numb
- obstinate
- offended
- outrage
- overwhelmed
- panicked
- paranoid
- perplexed
- pessimism
- pity
- possessive
- powerless
- puzzled
- rage
- rattled
- regret
- rejected
- reluctant
- remorseful
- resentment
- resignation
- restlessness
- revulsion
- ruthless
- sadness
- scared
- scorn
- self-conscious
- Self-critical



- self-loathing
- self-pity
- shame
- shocked
- smug
- sorrow
- spite
- stressed
- stubborn
- stuck
- submissive
- suffering
- sullen
- suspicious
- tension
- terror
- tired
- torment
- troubled
- uncertainty
- undermined
- uneasiness
- unhappy
- unnerved
- unsettled
- unsure
- upset
- vengeful
- vicious
- vigilant
- vulnerable
- weak
- woe
- worried
- wrath