


Emotions Chart

Have trouble recognizing your emotions? Use these cards to identify what you feel. For each main emotion like Happy or Fearful, similar emotions are listed as strong, moderate or mild versions of the emotion.

Use this page as a quick reference to have everything on one page. Use the next two pages if you want to cut out the cards and use them as references.

Happy




Strong
Excited
Thrilled
Estatic

Moderate
Jovial
Cheerful
Happy

Mild
Content
Gratified
Good

Beyond Burnout

Fearful




Strong
Terrified Panicked
Intimidated Dread
Horrorified

Moderate
Afraid Distrustful
Scared Defensive
Threatened

Mild
Shy Self Conscious
Nervous Worried
Anxious Embarrassed

Beyond Burnout

Hurt




Strong
Destroyed Humiliated
Degraded Forsaken
Wounded Rejected

Moderate
Belittled Disparaged
Criticized Ridiculed
Discredited Exploited

Mild
Neglected
Minimized
Unappreciated

Beyond Burnout

Sad




Strong
Hopeless Empty
Depressed
Gloomy

Moderate
Upset Blue
Miserable
Pessimistic

Mild
Unhappy Sad
Disappointed
Low

Beyond Burnout

Inadequate




Strong
Worthless Useless
Powerless Inferior
Helpless

Moderate
Defeated Deficient
Incompetent
Incapable

Mild
Inefficient Unsure
Weak
Non-Confident

Beyond Burnout

Angry



Strong
Furious Bitter
Enraged Hateful
Indignant

Moderate
Resentful Offended
Irritable
Annoyed

Mild
Uptight Irked
Disgusted Chagrined
Miffed

Beyond Burnout

Emotions Chart Cut Out


Fearful



Strong
Terrified
Intimidated
Horrorified

Moderate
Panicked
Dread
Afraid
Scared
Threatened
Distrustful
Defensive

Mild
Shy
Nervous
Anxious
Self Conscious
Worried
Embarrassed



Sad



Strong
Hopeless
Depressed
Gloomy

Moderate
Upset
Miserable
Pessimistic

Mild
Blue
Unhappy
Sad
Disappointed
Low



Happy



Strong
Excited
Thrilled
Estatic

Moderate
Jovial
Cheerful
Happy

Mild
Content
Gratified
Good



Hurt



Strong
Destroyed
Degraded
Wounded
Humiliated
Forsaken
Rejected


Moderate
Belittled
Criticized
Discredited
Disparaged
Ridiculed
Exploited

Mild
Neglected
Minimized
Unappreciated



Emotions Chart Cut Out

Inadequate



Strong	Worthless Powerless Helpless	Useless Inferior
Moderate	Defeated Incompetent Incapable	Deficient
Mild	Inefficient Weak Non-Confident	Unsure

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Angry



Strong	Furious Enraged Indignant	Bitter Hateful
Moderate	Resentful Irritable Annoyed	Offended
Mild	Uptight Disgusted Miffed	Irked Chagrined

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