

Emotion Color Swatches

JOY

Fine
Amused
Happy
Joyful

Peaceful
Cheerful
Jolly
Wonderful

Glad
Delighted
Fantastic
Marvelous

CALM / SATISFIED

Calm
Relieved
Peaceful
Content

Relaxed
Comfortable
Pleased
Satisfied

CURIOUS

Curious
Intrigued
Interested
Fascinated

SURPRISE

Startled
Surprised
Shocked
Amazed

ADEQUATE

Adequate
Able
Accepted
Empowered

LOVE / PLEASURE

Pleasant
Warm
Tender
Affectionate

Friendly
Caring
Like
Love

CONFIDENT / PROUD

Confident
Courageous
Reassured
Proud

Secure
Bold
Valuable
Worthwhile

HOPEFUL

Hopeful
Daring
Determined
Powerful

GRATITUDE

Tolerant
Thankful
Kind
Grateful

EXCITED

Eager
Enthusiastic
Excited
Fired Up

SHY

Self-Conscious
Shy
Nervous
Intimidated

Uneasy
Bashful
Timid
Awkward

CONFUSED

Indecisive
Mixed Up
Frustrated
Baffled

Uncertain
Puzzled
Confused
Perplexed

LONELY

Disconnected
Ignored
Isolated
Defeated

Insecure
Excluded
Lonely
Abandoned

DISCOURAGED

Unsure
Disturbed
Discouraged
Dismayed

BORED

Blah
Bored
Melancholy
Gloomy

ANGRY

Irritated
Frustrated
Mad
Engaged

Bothered
Annoyed
Angry
Furious

Cranky
Aggravated
Irate
Vengeful

Irked
Grumpy
Exasperated
Livid

Bugged
Grouchy
Fed Up
Fuming

HOSTILE

Mean
Hostile
Provoked
Aggressive

OFFENDED

Let Down
Mistreated
Offended
Betrayed

FEAR / ANXIETY

Tense
Restless
Threatened
Anxious

Uneasy
Concerned
Dread
Hysterical

Suspicious
Worried
Alarmed
Panicky

Cautious
Nervous
Afraid
Terrified

INADEQUATE

Unsure
Inadequate
Insignificant
Worthless

Foolish
Disrespected
Unimportant
Failure

Insecure
Incompetent
Inferior
Useless

Self-Conscious
Lacking
Rejected
Stupid

Weak
Unappreciated
Devalued
Incapable

SAD

Bummed
Sad
Depressed
Grieved

Unhappy
Miserable
Heart Broken
Despair

Blue
Awful
Sorrowful
Distraught

HURT

Let Down
Hurt
Crushed
Devastated

APATHETIC

Blah
Disheartened
Empty
Withdrawn

Drained
Tired
Deflated
Defeated

GUILT

Embarrassed
Sorry
Guilty
Humiliated

Convicted
Responsible
Regretful
Ashamed

DISGUST

Dislike
Contempt
Repelled
Disgust

Dismissive
Negative
Repugnant
Nauseated

Disapproval
Judgmental
Loathing
Horried

Distaste
Critical
Appalled
Repulsed

JEALOUS

Envy
Jealous
Resentment
Bitterness

STRESSED

Flustered
Confused
Stressed
Overwhelmed

Pressured
Hurried
Rattled
Frantic

DOUBT

Pessimistic
Distrust
Doubt
Hopeless