

# CORE HUMAN EMOTIONS

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## JOYFUL

alive	effervescent	giddy	hopeful	radiant
amused	excited	glad	invigorated	rejoicing
buoyant	exhilarated	glorious	jubilant	thankful
delighted	expansive	goofy	mischievous	wonder
ecstatic	exuberant	happy	playful	zestful

## LOVING

adoring	appreciative	compassionate	passionate	touched
affectionate	blissful	friendly	proud	warm
amorous	caring	nurturing	tender	

## PEACEFUL

accepting	content	grateful	refreshed	satisfied
calm	enriched	mellow	relaxed	serene
carefree	fulfilled	patient	relieved	touched
comfortable		quiet		warm

## SURPRISED

absorbed	confident	energetic	impish	lively
adventurous	curious	engaged	interested	open
alert	eager	engrossed	intrigued	optimistic
amusement	electrified	enthusiastic	inquisitive	
astonishment	encouraged	fascinated	inspired	

## ANGRY

animosity	edgy	furious	irate	livid
annoyance	enraged	grouchy	irked	miffed
bitter	envious	hostile	irritable	rancorous
cantankerous	exasperated	hurt	irritated	
disgruntled	frustrated	impatient	jealous	

## CONFUSED

ambivalent	dismayed	listless	reluctant	tired
agitated	distracted	overwhelmed	restless	torn
bored	exhausted	passive	shocked	uncomfortable
disconnected	fatigued	perplexed	sleepy	unsteady
disinterested	indifferent	puzzled	stuck	weary
	lethargic		skeptical	

## DISGUST

abhorrence	despising	disdained	hateful	revulsion
antipathy	dislike	disdainful	loathing	scornful
aversion	dissatisfied	disturbed	repugnance	spiteful
contempt			repulsed	

## FEARFUL

afraid	distressed	hesitant	paranoid	terrified
agitated	desperate	horrified	pessimistic	trepidation
anxious	dread	insecure	powerless	uneasy
apprehensive	fidgety	jittery	scared	unglued
cautious	frightened	nervous	startled	wary
concerned	guarded	panicky	stressed	worried
	helpless		suspicious	

## SAD

anguish	dejected	distraught	lonely	tender
awful	disappointed	down	regretful	troubled
blue	discouraged	grief	remorseful	unhappy
devastated	disheartened	heavy	sensitive	vulnerable
	distant		sorrowful	

## GUILT-SHAME-DEPRESSED

alienated	awkward	despondent	hopelessness	mopey
anguished	blah	detached	humiliated	resignation
apathetic	demoralized	embarrassed	melancholy	sheepish
ashamed	despairing	gloomy	miserable	sorry