

# EMOTIONS WORD BANKS



Annoyed  
Bitter  
Enraged  
Exasperated  
Furious  
Irate  
Irritable  
Offended  
Outraged  
Uptight  
Chafed  
Upset  
Huffy

Incensed  
Infuriated  
Maddened  
Provoked  
Riled up  
Sulky  
Cross  
Fuming  
Agitated  
Fed up  
Put out  
Fit to be tied  
In a black mood



# ANGRY

Down  
Gloomy  
Glum  
Out of sorts  
Low-spirited  
Pensive  
Sick at heart  
Troubled  
Forlorn  
Grieved  
Heavyhearted  
Low  
Hurting

Despairing  
Feeling blue  
Cheerless  
Feeling dejected  
Sulky  
Wistful  
Agitated  
Down in the dumps  
Feeling despondent  
Somber  
Sorrowful  
Mournful  
Melancholy



SAD

Cheerful  
Contented  
Delighted  
Ecstatic  
Elated  
Glad  
Joyful  
Joyous  
Jubilant  
Merry  
Overjoyed  
Peaceful  
Pleasant

Thrilled  
Content  
On cloud nine  
Playful  
Tickled pink  
Feeling peppy  
Walking on air  
Can't complain  
Blissful  
Feeling upbeat  
Chipper  
Gleeful  
Perky



# HAPPY

Afraid  
Agitated  
Annoyed  
Apprehensive  
Concerned  
Edgy  
Fussy  
Hesitant  
Jittery  
Jumpy  
Shaky  
Shy  
Skittish

Tense  
Timid  
Uneasy  
Uptight  
Bothered  
Distressed  
Fidgety  
Flustered  
Nervy  
On edge  
Timorous  
Troubled  
Worried



# NERVOUS



Bothered  
Concerned  
Distressed  
Frightened  
Perturbed  
Tense  
Tormented  
Upset  
Afraid  
Apprehensive  
Beside oneself  
Distraught  
Fearful

Fretful  
Ill at ease  
On edge  
Uneasy  
Uptight  
Worried stiff



# WORRIED

Astonished  
Bewildered  
Dazed  
Frightened  
Shocked  
Startled  
Stunned  
Alarmed  
Astounded  
Confounded

In wonder  
Taken aback  
Jolted  
Stupefied



# SURPRISED

Baffled  
Befuddled  
Bewildered  
Dazed  
Distracted  
Muddled  
Perplexed  
Puzzled  
Addled  
Flustered  
Misled  
Stumped  
At a loss

Mixed up  
Shook up  
Spaced out  
Thrown off balance  
Discombobulated  
Feeling unglued



# CONFUSED