

# List of Feelings

## Negative Emotions

Anger	Sadness	Fear
<b>Disgust:</b> Contempt, Disgust, revulsion	<b>Disappointment:</b> Disappointment, dismay, displeasure	<b>Horror:</b> Alarm, fear, fright, horror, hysteria, mortification, panic, shock, terror
<b>Envy:</b> Envy, jealousy	<b>Neglect:</b> Alienation, defeat, dejection, embarrassment, homesickness, humiliation, insecurity, isolation, insult, loneliness, neglect, rejection	<b>Nervousness:</b> Anxiety, apprehension, distress, dread, nervousness, tenseness, uneasiness, worry
<b>Exasperation:</b> Exasperation, frustration	<b>Sadness:</b> Depression, despair, gloom, glumness, grief, hopelessness, melancholy, misery, sadness, sorrow, unhappiness, woe	
<b>Irritation:</b> Aggravation, agitation, annoyance, grouchiness, grumpiness, irritation	<b>Shame:</b> Guilt, regret, remorse, shame	
<b>Rage:</b> Anger, bitterness, dislike, ferocity, fury, hate, hostility, loathing, outrage, rage, resentment, scorn, spite, vengefulness, wrath	<b>Suffering:</b> Agony, anguish, hurt, suffering	
<b>Torment:</b> Torment	<b>Sympathy:</b> Pity, sympathy	

## Positive Emotions

Joy	Love	Surprise
<b>Cheerfulness:</b> Amusement, bliss, cheerfulness, delight, ecstasy, elation, enjoyment, euphoria, gaiety, gladness, glee, happiness, jolliness, joviality, joy, jubilation, satisfaction	<b>Affection:</b> Adoration, affection, attraction, caring, compassion, fondness, liking, love, sentimentality, tenderness	<b>Surprise:</b> Amazement, astonishment, surprise
<b>Contentment:</b> Contentment, pleasure	<b>Longing:</b> Longing	
<b>Enthrallment:</b> Enthrallment, rapture	<b>Lust:</b> Arousal, desire, infatuation, lust, passion	
<b>Optimism:</b> Eagerness, hope, optimism		
<b>Pride:</b> Pride, triumph		
<b>Zest:</b> Enthusiasm, excitement, exhilaration, thrill, zeal, zest		

## List of Body Sensations

Tingling
Numbness
Itching
Heat
Coldness
Tension
Pain
Pressure
Lightness
Heaviness
Soreness

Stiffness
Fluttering
Throbbing
Pulsating
Popping
Twitching
Prickling
Electric-like shocks
Tickling