

List of Feelings

Negative Emotions

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

Positive Emotions

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