

List Of Negative Emotions

If you have difficulty naming your negative emotions, I am providing a list that may help you to identify them.

Anger is a very common negative emotion. When you feel anger, you need to go deeper. Look below the anger, and you will find another emotion that is being expressed as anger. It is important to find the underlying emotion, because it is a clue as to what went wrong when you judged; and therefore helps you to know how to pray. Below is a list of emotions that often express themselves as anger.

Belittled	Fearful	Mad
Betrayed	Frustrated	Not heard
Controlled	Furious	Powerless
Cross	Grouchy	Small
Devalued	Ignored	Threatened
Exasperated	Indignant	Unimportant
Fear	Insecure	

Other Negative Emotions

Abhorrence	Defensive	Friendless
Agitated	Defiled	Fussy
Aggravated;	Depressed	Gloomy
Alarmed	Desolate	Gossipy
Aloof	Desperate	Grasping
Annoyed	Despondent	Greedy
Anxious	Different	Grieved
Apathetic	Dirty	Grim
Apprehensive	Disappointed	Half-hearted
Ashamed	Discontented	Hate
Attacked	Disgusted	Helpless
Aversion	Dislike	Hesitant
Baffled	Disdain	Homesick
Bewildered	Domineering	Hopeless
Bitter	Doomed	Hurt
Blah	Dull	Impatient
Boastful	Edgy	Inadequate
Bored	Egotistical	Incapable
Callous	Embarrassed	Incompetent
Cautious	Envious	Indifferent
Confused	Exhausted	Inferior
Conniving	Fiendish	Inflexible
Contempt	Foolish	Inhibited
Cranky	Forlorn	Insecure
Defeated	Forgetful	Insignificant

Intimidated
Intolerant
Irritable
Isolated
Jealous
Lazy
Lethargic
Listless
Lonely
Lustful
Mangy
Martyred
Mean
Mediocre
Melancholy
Merciless
Meticulous
Miserly
Misjudged
Misunderstood
Morose
Mournful
Muddled
Mystified
Naked
Nauseated
Neglected
Nervous
Obstinate

Out of control
Out of place
Overcome
Overworked
Panicky
Paralyzed
Passive
Perplexed
Pooped
Pressured
Reluctant
Repulsed
Resentful
Resigned
Restless
Restrained
Ridiculous
Sad
Sarcastic
Scheming
Seductive
Self-conscious
Shabby
Shaky
Shy
Sick
Skeptical
Stubborn
Sulky

Suspicious
Tearful
Tempted
Tense
Terrified
Threatened
Timid
Tired
Traumatized
Troubled
Two-faced
Undone
Uncaring
Uncertain
Unconcerned
Uneasy
Un-loveable
Upset
Unglued
Unstable
Unsure
Unwanted
Uptight
Vulnerable
Weary
Wilted
Worried
Worthless

Positive Emotions

Admired
Affirmed
Alive
Ambitious
Amused
Appreciated
Approved
Astonished
Awed
Belonging
Blessed
Bold
Brave
Calm
Carefree
Cheerful
Comfortable
Compassionate
Confident
Considerate
Contented
Cooperative
Courageous
Creative
Curious
Delighted
Desire
Determined
Eager
Ecstasy
Efficient
Elated
Empowered
Encouraged
Energetic
Enjoyment

Enthusiastic
Euphoric
Excited
Expectant
Exuberant
Free
Friendly
Generous
Gentle
Glad
Gracious
Grateful
Happy
Helpful
Hopeful
Hospitable
Important
Impressed
Independent
Inspired
Interested
Irresistible
Joyful
Kind
Liked
Longing
Love
Loveable
Mellow
Merciful
Merry
Met
Open
Optimistic
Overjoyed
Patient

Peaceful
Pleasure
Reasonable
Relaxed
Romantic
Safe
Satisfaction
Secure
Self-assured
Sensible
Sensitive
Sensual
Sentimental
Serene
Serious
Soft
Sophisticated
Sure
Sympathetic
Talkative
Tender
Tenacious
Thankful
Thrilled
Tranquil
Transparent
Triumphant
Unbiased
Under-
standing
Understood
Validated
Valued
Vibrant
Yearning