

### 13. VOCABULARY OF AFFECTIVE ADJECTIVES

This list of adjectives was developed in order to help you more sensitively describe subjective experiences. No attempt has been made to order these words in terms of their degree of intensity.

#### **EXCITED**

elated  
ecstatic  
stimulated  
thrilled  
stirred up  
fascinated  
absorbed  
engrossed  
enraptured  
exalted  
uplifted  
eager  
enthusiastic  
proud

#### **HAPPY**

glad  
contented  
fortunate  
gratified  
cheerful  
joyful  
alive  
pleased  
lively  
delighted  
high  
up

#### **WARM**

involved  
tender  
good  
important  
calm  
loved  
needed  
cherished  
fond  
earnest  
interested  
kind  
pleasant  
benevolent

#### **CAPABLE**

able  
competent  
proficient  
skillful  
prepared  
ready  
coping  
efficient  
bold  
managing

#### **COMFORTED**

soothed  
consoled  
eased  
self-assured  
confident  
certain  
supported  
appreciated  
trusting  
appreciative  
thankful  
grateful  
indebted  
satisfied  
accepted  
complimented

#### **RELIEVED**

freed  
delivered  
softened  
alleviated  
liberated  
emancipated  
lifted  
lightened  
light hearted

#### **DESIRING**

wanting  
envying  
jealous  
inclined  
wishful  
partial  
biased  
leaning  
willing  
hoping  
caring about  
purposeful  
determined

#### **CONCERNED**

bothered  
worried  
anxious  
uncomfortable  
fearful  
restless  
upset  
pressured  
impatient  
nervous  
troubled  
strained  
disturbed  
awkward

#### **SURPRISED**

amazed  
bewildered  
awakened  
baffled  
shocked  
devastated

#### **CONFUSED**

unsure  
uncertain  
insecure  
inadequate  
anxious  
puzzled  
shaken up  
overwhelmed  
doubtful  
plagued  
wondering  
floundering

#### **SORROWFUL**

regretful  
distressed  
sympathetic  
touched  
empathetic  
apologetic  
moved  
hurt  
remorseful  
forlorn  
grieved  
pained

#### **DEFENSIVE**

protective  
guarded  
shielding  
avoiding  
ignoring  
removed  
withdrawn  
cautious  
apprehensive  
concealing  
evading  
hidden

## **RIDICULOUS**

absurd  
silly  
ludicrous  
irrational  
senseless  
meaningless  
comical

## **SAD**

unhappy  
downcast  
dejected  
depressed  
gloomy  
dismayed  
somber  
dismal  
distressed  
despondent  
despairing  
in the dumps  
blue  
glum  
discouraged  
disheartened  
sick  
remorseful

## **MAD**

angry  
irritated  
annoyed  
resentful  
enraged  
infuriated  
outraged  
provoked  
agitated  
defiant  
disgusted  
hostile  
cold  
spiteful  
furious  
bitter  
disagreeable

## **DEGRADED**

ridiculed  
underestimated  
insulted  
belittled  
deceived  
dishonest  
antagonized  
laughed at  
humiliated  
put upon  
cheated  
unjust  
accused

## **HOPELESS**

helpless  
discouraged  
abandoned  
disillusioned  
discontented  
powerless  
defenseless  
desperate  
threatened  
unsafe  
insecure  
suffering  
given up  
dropped out  
hindered  
blocked  
abandoned

## **GUILT**

blamed  
accused  
responsible  
caused  
burdened

## **REJECTED**

removed  
alone  
callous  
distant  
indifferent  
negligent  
pushed away  
denied  
turned down  
cast off  
outcast  
isolated

left out  
alienated  
unfooling  
deserted  
apathetic  
no regard for  
ignored  
excluded  
turned off  
kept away  
kept out  
aloof