

24. 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withdrawn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