JOY

1 Euphoric



Overwhelming joy that seems to rise above everything.

JOY

2 Delighted



Unrestrained happiness with a strong sense of enjoyment.

JOY

3 Hyperactive



Excessive energy with strong emotional stimulation.

JOY

4 Mischievous



Playfully testing boundaries with fun and cheekiness.

JOY

5 Obsessed



Being completely absorbed in something with intense focus.

JOY

6 Proud



Feeling pleased with yourself or with something you have achieved.

JOY

7 Amused



Light enjoyment caused by something funny or entertaining.

JOY

8 Sense of honor



A strong sense of dignity and self-respect.

JOY

9 Honored



Feeling especially valued and recognized.

JOY

10 Involved



Actively empathizing and feeling connected.

JOY

11 Optimistic



Trusting that things will have a positive outcome.

JOY

12 Excited



Energetic tension caused by anticipation or enthusiasm.

JOY

13 Cheerful



A light, happy mood filled with positive energy.

JOY

14 Lively



Full of energy, alertness and enthusiasm.

JOY

15 Enjoyment



Intensely enjoying something pleasant.

JOY

16 Pleasure



Enjoying a moment, experience or activity.

JOY

17 Joyful



A light happiness that becomes visible.

JOY

18 Energetic



Feeling full of strength and ready to be active.

JOY

19 Carefree



Feeling free from tension and worries.

JOY

20 Free



Feeling able to be yourself without restrictions.

JOY

21 Confident



Trusting yourself and the choices you make.

JOY

22 Content



A satisfied feeling, often after completing something.

JOY

23 Generous



Giving gladly without expecting something in return.

JOY

24 Radiant



Happiness that visibly shines outward.

JOY

25 Happy



A pleasant and positive basic feeling.

JOY

26 Glad



Feeling happy because of something positive.

JOY

27 Enthusiasm



Energy and eagerness to engage with something.

JOY

28 Admiration



Appreciation for someone or something special.

JOY

29 Inspired



Feeling moved toward new ideas or action.

JOY

30 Fulfilled



Deep satisfaction because something feels complete.

SADNESS

1 Hopeless



Seeing no possibility for things to improve.

SADNESS

2 Melancholic



Gentle sadness with a nostalgic undertone.

SADNESS

3 Depressed



Deep gloom without energy or motivation.

SADNESS

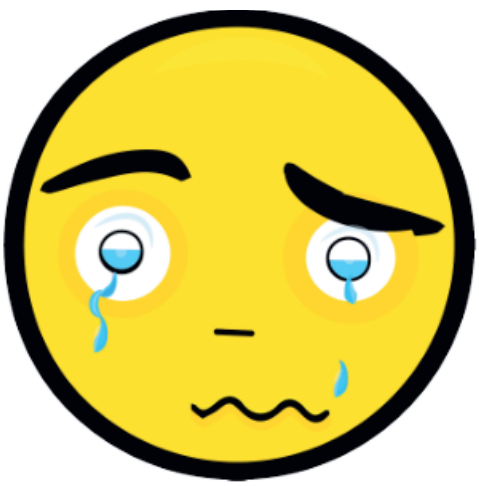
4 Emptiness



An inner sense of loss or meaninglessness.

SADNESS

5 Loss



A painful longing for someone or something.

SADNESS

6 Downcast - Gloomy



Feeling gloomy without a clear reason.

SADNESS

7 Down



A listless and heavy feeling.

SADNESS

8 Numb



Feeling emotionally flattened, with little or no emotion.

SADNESS

9 Loyalty conflict



Feeling inwardly torn between two important relationships.

SADNESS

10 Unsteady



Feeling emotionally unstable and off balance.

SADNESS

11 Neglected



Feeling unseen or unsupported.

SADNESS

12 Oversensitive



Being more easily affected by emotions or situations.

SADNESS

13 Affected



Feeling inwardly affected or damaged.

SADNESS

14 Emotional



Feeling deeply affected and visibly emotional.

SADNESS

15 Emotional pain



Deep and persistent inner sadness.

SADNESS

16 Self-pity



Remaining stuck in your own pain.

SADNESS

17 Pity



Feeling sadness for someone else’s suffering.

SADNESS

18 Missing someone



Longing for someone who is not there.

SADNESS

19 Lonely



Feeling a lack of genuine connection.

SADNESS

20 Sentimental



Becoming emotional because of memories.

SADNESS

21 Feeling alone



Feeling disconnected from other people.

SADNESS

22 Disappointed



Seeing that an expectation has not been fulfilled.

SADNESS

23 Hurt



Feeling emotionally hurt by words or behavior.

SADNESS

24 Touched



Being touched deeply on an emotional level.

SADNESS

25 Alienated



Feeling disconnected from yourself or others.

SADNESS

26 Homesick



Longing for a familiar place or time.

SADNESS

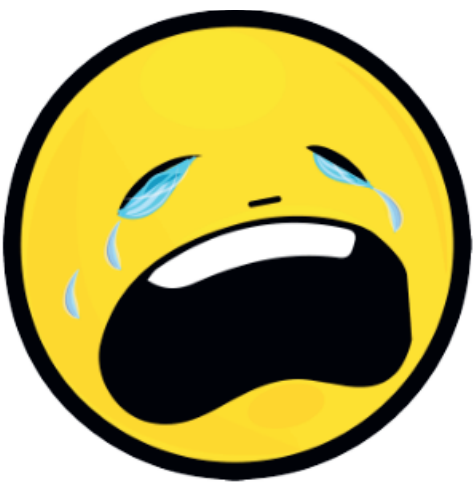
27 Rootless



Feeling without a foundation or sense of stability.

SADNESS

28 Tearful



Becoming emotional quickly and feeling close to tears.

SADNESS

29 Sad



Gentle and persistent sadness.

SADNESS

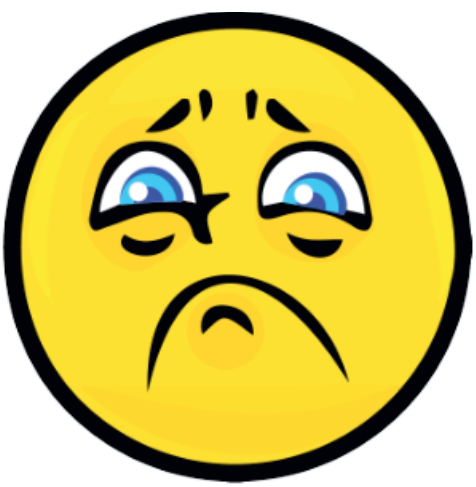
30 Sadness



Pain caused by loss or absence.

SADNESS

31 Miserable



Feeling very bad and weighed down.

SADNESS

32 Unstable



Emotions that change rapidly.

SADNESS

33 Broken



Feeling as though something inside you is broken.

SADNESS

34 Torn apart



Feeling inwardly torn by conflicting emotions.

SADNESS

35 Grief



Deep sadness following a loss.

SADNESS

36 Distressed



Being burdened by pain or sadness for a long time.

SURPRISE

1 Apathetic



Feeling no clear emotional response.

SURPRISE

2 Battered



Feeling emotionally flattened by too many impressions.

SURPRISE

3 Stunned



Feeling deeply shocked by something unexpected.

SURPRISE

4 Fright



A sudden reaction to something unexpected.

SURPRISE

5 Offended



Feeling hurt by something unexpectedly offensive.

SURPRISE

6 Astonished



Complete amazement that leaves you without words.

SURPRISE

7 Horrified



Feeling shocked and deeply affected.

SURPRISE

8 Overwhelmed



Experiencing too many impressions at once.

SURPRISE

9 Impressed



Being strongly affected by something remarkable.

SURPRISE

10 Speechless



Being unable to find the words.

SURPRISE

11 Exciting



Pleasant excitement caused by the unknown.

SURPRISE

12 Disillusioned



Feeling disappointed by an unexpected outcome.

SURPRISE

13 Taken aback



Being unexpectedly caught off guard.

SURPRISE

14 Chaotic



Losing your sense of overview because of confusion.

SURPRISE

15 Dull - Flat



Feeling little emotional response.

SURPRISE

16 Dazed



Feeling dazed by too many impressions.

SURPRISE

17 Resigned



Calmly accepting something without a strong reaction.

SURPRISE

18 Dreamy



Feeling absent-minded and lost in thought.

SURPRISE

19 Confused



Not understanding what is happening.

SURPRISE

20 Doubtful



Doubting because of conflicting impressions.

SURPRISE

21 Contradictory



Experiencing two conflicting feelings at the same time.

SURPRISE

22 Ambivalent



Feeling inwardly divided between choices.

SURPRISE

23 Mixed



Experiencing several meanings or feelings at the same time.

SURPRISE

24 Irritated



Feeling mildly activated by an impression.

SURPRISE

25 Confronted



Being directly affected by an unexpected truth.

SURPRISE

26 Surprised



Being surprised by something new or unexpected.

SURPRISE

27 Willing



Being open to new impressions.

SURPRISE

28 Blank



Observing openly and without judgment.

SURPRISE

29 Curious



Wanting to discover and understand.

SURPRISE

30 Attentive



Observing with focus and concentration.

SURPRISE

31 Amazed



Being strongly impressed and momentarily stopped in your tracks.

SURPRISE

32 Interested



Showing attention and involvement.

SURPRISE

33 Intrigued



Feeling fascinated and wanting to explore further.

SURPRISE

34 Wondering



Being open to and touched by something remarkable.

SHAME / GUILT

1 Self-hatred



A strong rejection of yourself as a person.

SHAME / GUILT

2 Humiliated



Feeling diminished and harmed in your dignity.

SHAME / GUILT

3 Reproachful



Blaming yourself or someone else for something.

SHAME / GUILT

4 Betrayed



Feeling hurt because trust has been broken.

SHAME / GUILT

5 Remorse



A persistent, gnawing sense of guilt.

SHAME / GUILT

6 Rejected



Not being accepted or chosen.

SHAME / GUILT

7 Worthless



Feeling as though you are worth nothing.

SHAME / GUILT

8 Unwanted



Feeling as though you are not wanted or should not be there.

SHAME / GUILT

9 Guilt



Realizing that you have done something wrong.

SHAME / GUILT

10 Selfish



Blaming yourself for thinking only of yourself.

SHAME / GUILT

11 Remorseful



Feeling regret and wanting to make things right.

SHAME / GUILT

12 Shame



Feeling that you are not good enough.

SHAME / GUILT

13 Inferior



Seeing yourself as less worthy than others.

SHAME / GUILT

14 Abused



Feeling that your boundaries have been violated.

SHAME / GUILT

15 Used



Feeling that you were only useful for a purpose.

SHAME / GUILT

16 Suppressed



Feeling unable or afraid to express yourself.

SHAME / GUILT

17 Confined



Feeling trapped within yourself or your situation.

SHAME / GUILT

18 Restricted



Being held back from being who you are.

SHAME / GUILT

19 Forced



Feeling that you have no choice and must act against your will.

SHAME / GUILT

20 Contempt



Looking down on yourself or someone else.

SHAME / GUILT

20 Demeaning



A belittling, condescending attitude.

SHAME / GUILT

21 Powerful



Feeling powerful at the expense of others.

SHAME / GUILT

22 Despise



Considering yourself or someone else inferior.

SHAME / GUILT

23 Antipathy



A strong dislike without a clear reason.

SHAME / GUILT

24 Dislike



Feeling active dislike or irritation.

SHAME / GUILT

25 Sarcastic



Responding sharply with hidden criticism.

SHAME / GUILT

26 Belittled



Feeling made smaller or less important by others.

SHAME / GUILT

27 Small



Feeling insignificant or insecure.

SHAME / GUILT

28 Inferior



Feeling that you fall short or are not good enough.

SHAME / GUILT

29 Feeling unseen



Feeling that you do not matter or are not noticed.

SHAME / GUILT

30 Abandoned



Being left behind and alone.

SHAME / GUILT

31 Deprived



Feeling that you have been deprived or given too little.

SHAME / GUILT

32 Unrecognized



Not being recognized for who you are.

SHAME / GUILT

33 Superior



Feeling better or more important than others.

SHAME / GUILT

34 Regret



Wishing you had done something differently.

SHAME / GUILT

35 Misled



Having been deceived or given incorrect information.

SHAME / GUILT

36 Fooled



Feeling that you were not taken seriously or were made a fool of.

SHAME / GUILT

37 Foolish



Feeling foolish or naive.

SHAME / GUILT

38 Ignored - Embarrassed



Feeling uncomfortable and overlooked.

SHAME / GUILT

39 False modesty



Making yourself seem less capable or important than you are.

SHAME / GUILT

40 Submissive



Making yourself subordinate to others.

SHAME / GUILT

41 Bound



Feeling tied down by expectations or obligations.

SHAME / GUILT

42 Awe



Feeling small in the presence of something great.

SHAME / GUILT

43 Incompetent



Doubting your own abilities.

SHAME / GUILT

44 Insecure



Doubting yourself or your choices.

SHAME / GUILT

45 Naive - Innocent



Being inexperienced and trusting.

SHAME / GUILT

46 Acceptance



Acknowledging what is, without resisting it.

LOVE

1 Unhappy



Experiencing love together with pain or loss.

LOVE

2 Closed off



Keeping your heart closed to connection.

LOVE

3 Suppressing



Pushing feelings away to avoid pain.

LOVE

4 Alienated



Feeling disconnected from yourself or others.

LOVE

5 Lonely



Experiencing a lack of genuine connection.

LOVE

6 Homesick



Longing for familiarity or closeness.

LOVE

7 Envy



Wanting to have what someone else has.

LOVE

8 Jealous



Being afraid of losing love.

LOVE

9 Wrong



Feeling that something is not right in the connection.

LOVE

10 Longing



An intense longing for closeness.

LOVE

11 Desire



A strong desire for someone.

LOVE

12 Temptation



Feeling drawn toward a temptation.

LOVE

13 Feeling alone



Feeling disconnected.

LOVE

14 Emptiness



An inner absence of love.

LOVE

15 Missing someone



Longing for someone who is absent.

LOVE

16 Needy



A strong need for attention or reassurance.

LOVE

17 Greed



Wanting more than is enough.

LOVE

18 Attached



Finding it difficult to let go.

LOVE

19 Unfulfilled



Feeling that something essential is missing.

LOVE

20 Lustful



Playful physical attraction.

LOVE

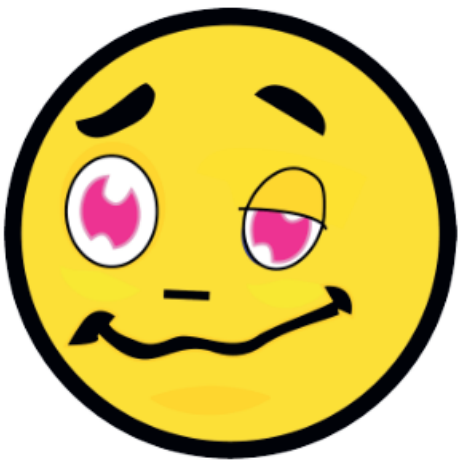
21 Adore



Admiring someone intensely.

LOVE

22 In love



Strong attraction and focus on the other person.

LOVE

23 Satisfied



A calm feeling that things are good as they are.

LOVE

24 Affection



Warm affection for someone.

LOVE

25 Sympathy



Positive involvement and warmth toward another person.

LOVE

26 Attracted



Feeling attracted to someone.

LOVE

27 Open



Daring to show yourself as you are.

LOVE

28 Grounded



Feeling calm, stable, and present within yourself.

LOVE

29 Relaxed



Being able to connect without tension.

LOVE

30 Good



A generally pleasant feeling that things are right.

LOVE

31 Premonition



Sensing what may be happening within a connection.

LOVE

32 Feeling seen



Feeling noticed and acknowledged.

LOVE

33 Feeling loved



Knowing that you are valued and loved.

LOVE

34 Protected



Feeling safe, supported, and protected.

LOVE

35 Welcome



Feeling accepted and received.

LOVE

36 Friendly



Being warm and respectful toward others.

LOVE

37 Empathy



Feeling along with another person.

LOVE

38 Serene



A calm, quiet sense of inner peace.

LOVE

39 Like-minded



Feeling that you are on the same wavelength.

LOVE

40 Moved



Being deeply touched in a gentle way.

LOVE

41 Passion



Intense and passionate love.

LOVE

42 Devoted



Committing yourself fully to someone.

LOVE

43 Quiet



Inner calm and presence.

LOVE

44 Peaceful



Experiencing harmony and calm.

LOVE

45 Connected



Feeling united and connected with others.

LOVE

46 Happy



A pleasant and positive basic feeling.

LOVE

47 Humble



Not placing yourself above others.

LOVE

48 Equal



Seeing each other as equally valuable.

LOVE

49 Blessed



Feeling grateful for what you have.

LOVE

50 Happy



A pleasant and positive basic feeling.

LOVE

51 Love



An open connection with yourself and others.

LOVE

52 Enchanted



Feeling amazed and touched by something special.

LOVE

53 Compassion



Loving care for suffering.

LOVE

54 Grateful



Feeling appreciation for what is there.

ANGER

1 Hatred



Deep dislike with a desire for distance or harm.

ANGER

2 Revenge



An urge to return the pain that was caused.

ANGER

3 Aggression



An urge to attack or dominate.

ANGER

4 Furious



Explosive anger without control.

ANGER

5 Angry



A strong sense of injustice.

ANGER

6 Annoyed by



Feeling annoyed by behavior or situations.

ANGER

7 Agitated



Feeling inwardly restless and irritable.

ANGER

8 Grumpy



Being in a bad mood with irritation.

ANGER

9 Impatient



Finding it difficult to wait.

ANGER

10 Annoyance



Mild irritation caused by something bothersome.

ANGER

11 Imitation



Reacting angrily by copying someone else’s behavior.

ANGER

12 Irritable



Becoming irritated quickly and feeling tense.

ANGER

13 Fanatical



Continuing with strong, driven intensity.

ANGER

14 Obsessed



Being completely absorbed in something with intense focus.

ANGER

15 Combative



Feeling ready to fight for something.

ANGER

16 Competitive drive



Wanting to win and prove yourself.

ANGER

17 Defiant



Resisting rules or authority.

ANGER

18 Defensive



Protecting yourself against criticism.

ANGER

19 Worked up



Feeling overstimulated and quick to react angrily.

ANGER

20 Attacking



Reacting fiercely or aggressively toward others.

ANGER

21 Fed up



Having had enough of a situation.

ANGER

22 Bitter



Remaining angry because of old pain.

ANGER

23 Provoked



Being made angry by provocation.

ANGER

24 Frustrated



Feeling stuck and becoming angry because of it.

ANGER

25 Giving up



Stopping because of anger or disappointment.

ANGER

26 Discouraged



Losing energy because of repeated failure.

ANGER

27 Disheartened



Feeling that you no longer have the strength to continue.

ANGER

28 Angry



Feeling energy to set or defend your boundaries.

ANGER

29 Pissed off



Feeling mildly angry and irritable.

ANGER

30 Annoyed



Feeling disappointed and slightly angry.

ANGER

31 Upset



Feeling mildly upset and out of balance.

ANGER

32 Restless



Restless energy that needs an outlet.

ANGER

33 Strong



Feeling inner strength.

ANGER

34 Courageous



Acting despite tension or fear.

ANGER

35 Fearless



Going into something without fear.

ANGER

36 Stubborn



Holding firmly to your own opinion.

ANGER

37 Stoic



Controlling your feelings and remaining calm.

ANGER

38 Challenging



Testing or pushing boundaries.

ANGER

39 Stimulated



Feeling activated and motivated.

ANGER

40 Certain



Feeling steady and secure within yourself.

ANGER

41 Self-aware



Knowing what you feel and what you want.

ANGER

42 Determined



Continuing purposefully toward your goal.

ANGER

43 Decisive



Taking action decisively and following through.

ANGER

44 Powerful



Radiating strong energy.

ANGER

45 Centered



Feeling balanced, grounded, and steady.

ANGER

46 Passionate



Driven by strong energy.

ANGER

47 Enthusiastic



Approaching something with enthusiasm and energy.

FEAR

1 Helpless



Feeling that you have no control over the situation.

FEAR

2 Hopeless



Seeing no way out or solution.

FEAR

3 Overstrained



Feeling overloaded and constantly under pressure.

FEAR

4 Panic



Acute fear with no sense of overview or control.

FEAR

5 Desperate



Desperately searching for a solution.

FEAR

6 Lost



Feeling without direction or support.

FEAR

7 Distraught



Not knowing what to do.

FEAR

8 Fear



A warning response to danger or uncertainty.

FEAR

9 Fear of abandonment



Being afraid of being left alone.

FEAR

10 Hypochondria



Excessive fear of illness.

FEAR

11 Fear of failure



Being afraid of not meeting expectations.

FEAR

12 Fear of commitment



Fear of committing yourself to a relationship.

FEAR

13 Bereft



Feeling abandoned and vulnerable.

FEAR

14 Concerned



Feeling uneasy because of possible problems.

FEAR

15 Phobia - Fear



A strong fear of something specific.

FEAR

16 Overconfident



Taking risks to drown out or hide fear.

FEAR

17 Worried



Thinking about possible negative outcomes.

FEAR

18 Unsafe



Feeling unprotected or unsafe.

FEAR

19 Threatened



Feeling that you are in danger.

FEAR

20 Alarmed



Reacting immediately with heightened alertness.

FEAR

21 Stressed



Feeling overloaded by pressure.

FEAR

22 Tense



Feeling physical tension.

FEAR

23 Hurried



Feeling pressure to act quickly.

FEAR

24 Nervous



Feeling mildly restless and tense.

FEAR

25 Fragile



Feeling vulnerable and easily thrown off balance.

FEAR

26 Eerie



A strange and unsafe feeling.

FEAR

27 Withdrawn



Closing yourself off for protection.

FEAR

28 Petrified



Freezing because of fear.

FEAR

29 Vulnerable



Being sensitive to pain or rejection.

FEAR

30 Vague



A vague fear without a clear cause.

FEAR

31 Hesitation



Doubt caused by uncertainty.

FEAR

32 Heavy-hearted



Feeling heavy tension or emotional pressure.

FEAR

33 Under pressure



Feeling that you have to perform.

FEAR

34 Alert



Paying close attention to possible risks.

FEAR

35 Vigilant



Being cautious and alert.

FEAR

36 Distrustful



Doubting other people’s intentions.

FEAR

37 Paranoia



Excessive suspicion.

DISGUST

1 Burnout



Complete exhaustion caused by prolonged overload.

DISGUST

2 Exhausted



Having no energy left.

DISGUST

3 Uninterested



Feeling no motivation or involvement.

DISGUST

4 Emotionless



Feeling cut off from your emotions.

DISGUST

5 Indifferent



Feeling that it does not matter to you.

DISGUST

6 Uncomfortable



A mildly uncomfortable feeling.

DISGUST

7 Uneasy



Not feeling at ease.

DISGUST

8 Not in the mood



Feeling resistance to doing something.

DISGUST

9 Not in the mood



Having no energy or motivation.

DISGUST

10 Bored



A lack of stimulation.

DISGUST

11 Lazy



Having little energy to take action.

DISGUST

12 Meaningless



Experiencing no sense of meaning.

DISGUST

13 Reserved



Keeping your distance in contact with others.

DISGUST

14 Closed



Not opening yourself up.

DISGUST

15 Cold



Being emotionally distant.

DISGUST

16 Distant



Deliberately keeping your distance.

DISGUST

17 Numb



Feeling nothing anymore.

DISGUST

18 Dissatisfied



Not being satisfied with how something is.

DISGUST

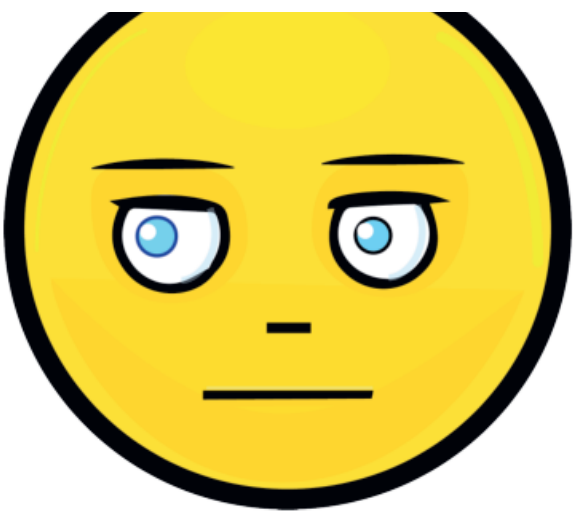
19 Knot in the stomach



Physical discomfort caused by tension.

DISGUST

20 Burdened



Carrying too much emotionally or mentally.

DISGUST

21 Overstimulated



Experiencing too many impressions or stimuli.

DISGUST

22 It eats away at you



Something keeps gnawing at you and draining your energy.

DISGUST

23 Bothered



Feeling disturbed, bothered, or harassed.

DISGUST

24 Resistance



Inner resistance.

DISGUST

25 Avoiding



Avoiding or staying away from something.

DISGUST

26 Revulsion



Intense disgust combined with shock or fear.

DISGUST

27 Disgusted



Feeling strong physical disgust.

DISGUST

28 Aversion



Clear inner resistance or dislike.

DISGUST

29 Nauseous



Physical discomfort or nausea.

DISGUST

30 Horrible



Experiencing something as extremely negative or horrible.

DISGUST

31 Disgust



Wanting to distance yourself from something.