

Emotions Glossary

Emotion	Definition
Pleasant	A sense of happy satisfaction
Hopeful	Feeling positive about a future event
Ecstatic	Overwhelming happiness
Optimistic	Hopeful and confident about the future
Cheerful	Full of good spirits
Content	Feeling satisfied and peaceful happiness
Peaceful	Free from trouble or conflict
Relaxed	Free from stress or worry
Tranquil	Deep calm without worry
At ease	Free from problems
Apathetic	Lack of concern or interest
Discouraged	A lack of courage or confidence
Despondent	Having lost all hope
Disheartened	Having lost determination or confidence
Sullen	Gloomy
Hopeless	A feeling of despair, when things can't get better
Irritated	Feeling slight anger
Anxious	Nervous about something with an uncertain outcome
Enraged	Very angry and filled with rage
Furious	Full of anger and feeling violent
Concerned	Feeling troubled or worried