

List of Emotions

72 feelings with short descriptions, the same list as in the Pixy app. Find the word that fits, then write it in your tracker.

Very pleasant

- Energized** You feel strong and active
- Enthusiastic** You feel very interested in an idea or activity
- Excited** You feel intensely happy about something in the future
- Focused** You feel engaged in only one idea or activity
- Happy** You feel pleasure and satisfaction
- Hopeful** You feel optimistic that something good will happen
- Inspired** You feel strongly influenced by something that motivates you
- Loved** You feel deep and strong affection
- Optimistic** You feel hopeful and confident about the future
- Productive** You feel like you accomplished a task or achieved a goal
- Proud** You feel satisfied with your achievements or those of someone close to you
- Relieved** You feel happy after an uncomfortable feeling is gone
- Satisfied** You feel like your expectations, needs, or desires have been met

Pleasant

- Accepted** You feel someone believed or recognized what you did to be valid or correct.
- Appreciated** You feel someone is grateful for what you did or what you are
- Balanced** You feel stable with no emotion too strong or too weak
- Brave** You feel not afraid of something or someone
- Calm** You feel free from stress, excitement and worry
- Comfortable** You feel reduced physically and emotionally pain or discomfort
- Compassionate** You feel sympathy and concern for others
- Connected** You feel connected to someone or part of your community
- Content** You feel like you're peaceful happy.
- Good** You feel like everything is fine
- Grateful** You feel enjoyment of the good qualities of something or someone
- Heard** You feel heard and understood
- Impassioned** You feel filled with great emotion
- Motivated** You feel excited to do something
- Supported** You feel someone is there for you

Neutral

- Bored** You feel like you have a lack of interest in something or someone
- Confused** You feel unable to think clearly
- Desire** You feel like you want to have something or wishing for something to happen
- Fragile** You feel easily broken or damaged
- Hyper** You feel energetic and excited
- Irritated** You feel slight anger or annoyance
- Meh** You feel uninspired and blah
- Overwhelmed** You feel like something is too much to handle

- Surprised** You feel like you experienced something unexpected
- Thankful** You feel grateful towards someone or something
- Tired** You feel the effect of being awake for a long time
- Vulnerable** You feel like you have no protection

Unpleasant

- Alienated** You feel strange and isolated
- Ashamed** You feel of little worth because of who you are or what you've done
- Awkward** You feel uncomfortable but don't know exactly why
- Depressed** You feel extremely unhappy and depressed
- Disappointed** You feel sad or unhappy because someone or something has not matched your hopes or expectations
- Exhausted** You feel like you have no energy left
- Fearful** You feel in danger or like something bad could happen
- Hopeless** You feel that a situation is so bad that it is impossible to deal with
- Impatient** You feel like you find it difficult to keep calm
- Insecure** You feel unconfidently afraid
- Lonely** You feel sad because you're not connected to others
- Pessimistic** You feel like you expect something negative to happen
- Stressed** You feel mental or emotional tension
- Uneasy** You feel like something is wrong
- Unmotivated** You feel little interest in something
- Worried** You feel anxious about something

Very unpleasant

- Angry** You feel intense annoyance, displeasure, unhappiness, or dislike
- Annoyed** You feel slightly angry
- Anxious** You feel worried, nervous or uneasy because you don't know how something is going to turn out
- Concerned** You feel like you wonder about how someone or something is doing
- Distracted** You feel like you have a hard time concentrating on something
- Embarrassed** You feel insecure and uncomfortable with how others feel about you
- Fomo** You feel afraid of missing out on something
- Frustrated** You feel upset because you can't do something
- Grieved** You feel sad about something you lost
- Guilty** You feel responsible for a mistake you made
- Nervous** You feel instable and unsettled or insecure inside
- Pressured** You worry about living up to your own or other people's expectations
- Rejected** You feel unacceptable or unwanted
- Restless** You feel like can't relax because of anxiety or boredom
- Sad** You may feel empty, lost or lonely
- Weak** You feel like you have little strength