

Big List of Emotions

Anger

Related Emotions	Signs & Behaviors	
Annoyed Enraged Frustrated Irate Irritated Mad	Aggression Arguing Blaming Clenching Fists Feeling Hot Increased Heart Rate	Raising Voice / Yelling Staring Stern / Harsh Tone Trembling Using Insults

Anxiety

Related Emotions	Signs & Behaviors	
Dread Fear Jittery Nervous Scared Stressed Timid Uneasy Worried	Avoidance Catastrophizing Crying Difficulty Concentrating Digestive Issues Headache Irritability Muscle Tension Nail Biting	Pacing Racing Heart Racing Thoughts Rumination Shortness of Breath Sweating Tapping Foot Trembling

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Happiness

Related Emotions	Signs & Behaviors	
Cheerful Content Excited Glad Joyful Pleased Satisfied	Creative Thinking Engage in Self-Care Feeling Sociable Helpful Increased Energy Increased Motivation	Laughing More Active Optimism Playful Smiling

Love

Related Emotions	Signs & Behaviors	
Affection Attachment Closeness Compassion Desire Endearment Fondness Tenderness	Caring for Another Person Commitment Desire for Connection Drive to Protect Empathy Enjoying Time Together	Feeling Vulnerable Gestures of Appreciation Kindness Physical Affection Selflessness Thinking Often of the Subject

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Sadness

Related Emotions	Signs & Behaviors	
Depressed Despair Disappointment Down Emptiness Grief Guilt Hopelessness Lonely Shame	Apathy Changes in Eating Crying Difficulty Concentrating Fatigue Inactivity Irritability Loss of Interest in Activities	Negative Thoughts Neglecting Self-Care Poor Self-Esteem Rumination Sleep Problems Sluggishness Social Isolation

Jealousy

Related Emotions	Signs & Behaviors	
Bitter Contempt Envious Spiteful	Acting Possessive Controlling Distrust Fear of Abandonment Feelings of Inadequacy	Frustration Insecurity Making Hurtful Comments Making Threats Negative Thinking