

COLORFUL FEELINGS MAP

Shades of anger

stroppy, grumpy, grouchy, sullen, angry, annoyed, displeased, fed up, bored, dissatisfied, frustrated, indifferent, revengeful, hostile, gutsy, sassy, antagonizing, detesting, gross, cold, cynical, bitter, tough, disapproving

Shades of happiness

grateful, cheerful, glad, delighted, enthused, relieved, amused, elated, infatuated, enamoured, bewildered, happy, relented, inspired, serene, safe, peaceful, calm, trusting, steady, reliable, gentle, clear, attached, balanced, relaxed, free, liberated, satisfied, hopeful, neutral, determined, brave, strong, energised

Shades of fear

unsure, clueless, helpless, tense, worried, reserved, hesitant, unsafe, scared, frightful, shocked, confused, anxious, upset, distraught, horrified, frantic, panicky, distressed, untrusting, threatened, phobic

Shades of sorrow

upset, down, apathetic, sullen, downbeat, empty, sad, tearful, tragic, bleak, depressed, forlorn, longing, wistful, melancholic, lonely, painful, inconsolable, hopeless

Combined feelings

jealous, envious, disappointed, feeling hurt, regretful, ashamed, embarrassed, guilty, perplexed, inferior