

Reference of Emotions

If you're having trouble identifying your emotional state, use this chart as a reference.

Anger	Angst	Anguish	Annoyance
Anxiety	Apathy	Boredom	Contempt
Depression	Despair	Disappointment	Disgust
Distrust	Dread	Embarrassment	Envy
Fear	Frustration	Grief	Guilt
Hatred	Horror	Hostility	Hurt
Hysteria	Indifference	Jealousy	Loathing
Loneliness	Outrage	Panic	Rage
Regret	Remorse	Sadness	Shame
Shock	Shyness	Sorrow	Worry