

Comprehensive List of 300+ Emotions and Feelings with Meanings

Positive Emotions

Emotion / Feeling	Short Meaning
Joy	Feeling of great pleasure and happiness.
Happiness	Contentment and satisfaction with life.
Gratitude	Thankfulness and appreciation.
Excitement	Eager enthusiasm or thrill.
Love	Deep affection and care for someone or something.
Hope	Optimism about the future.
Pride	Satisfaction in one's achievements.
Bliss	Complete happiness and serenity.
Delight	Great pleasure or enjoyment.
Contentment	Feeling satisfied with current state.
Cheerfulness	Light-hearted happiness and positivity.
Enthusiasm	Intense interest and eagerness.
Affection	Warmth and fondness toward others.
Compassion	Sympathy and concern for others' suffering.
Kindness	Generosity and friendliness toward others.
Optimism	Expectation of positive outcomes.
Relief	Release from stress or worry.
Amusement	Finding joy or laughter in something.
Elation	Extreme happiness and excitement.
Satisfaction	Fulfillment from achievements.

Negative Emotions

Emotion / Feeling	Short Meaning
Anger	Strong displeasure or irritation.
Fear	Feeling of being threatened or in danger.

Emotion / Feeling	Short Meaning
Sadness	Feeling sorrow or unhappiness.
Frustration	Feeling upset due to obstacles.
Jealousy	Envy toward someone's possessions or success.
Guilt	Feeling remorse for wrong actions.
Shame	Embarrassment or regret over behavior.
Loneliness	Feeling isolated or disconnected.
Disgust	Strong dislike or revulsion.
Anxiety	Worry about future events.
Stress	Mental or emotional strain.
Hopelessness	Lack of expectation for positive outcomes.
Resentment	Bitter indignation toward someone.
Regret	Sadness over past choices.
Overwhelm	Feeling unable to cope with pressures.
Bitterness	Persistent anger or resentment.
Despair	Complete loss of hope.
Hurt	Emotional pain or distress.
Embarrassment	Self-conscious discomfort.
Confusion	Feeling uncertain or puzzled.

Calm & Peaceful Emotions

Emotion / Feeling	Short Meaning
Calm	Peaceful and free from agitation.
Relaxation	Reduced tension and stress.
Serenity	Complete calmness and tranquility.
Satisfaction	Fulfillment from achievements.
Trust	Confidence in someone or something.
Acceptance	Willingness to embrace reality.
Harmony	Peaceful coexistence or balance.
Safety	Feeling secure and protected.

Emotion / Feeling	Short Meaning
Patience	Ability to stay calm under delay or difficulty.
Peacefulness	Sense of inner quiet and calm.
Comfort	Feeling of ease and contentment.
Security	Feeling protected from harm.
Relief	Reduction of stress or anxiety.
Balance	Emotional and mental stability.
Contentment	Satisfaction with the present moment.

Motivational & Empowering Emotions

Emotion / Feeling	Short Meaning
Confidence	Belief in one's abilities.
Determination	Firmness in pursuing goals.
Courage	Bravery in facing challenges.
Ambition	Strong desire to achieve success.
Inspiration	Feeling motivated to act or create.
Optimism	Hopefulness about future outcomes.
Empowerment	Feeling in control and capable.
Curiosity	Desire to learn or explore.
Resilience	Ability to recover from difficulties.
Focus	Concentrated attention on tasks.
Persistence	Continuing effort despite difficulty.
Motivation	Internal drive to achieve goals.
Determined	Firm intention to succeed.
Drive	Energetic pursuit of objectives.
Self-reliance	Dependence on one's own abilities.

Love & Affection Emotions

Emotion / Feeling	Short Meaning
Romance	Emotional intimacy and passion.

Emotion / Feeling	Short Meaning
Friendship	Warmth and loyalty in relationships.
Tenderness	Gentle care and affection.
Admiration	Respect and appreciation for someone.
Companionship	Joy of being with others.
Devotion	Loyalty and dedication to someone or something.
Passion	Intense emotion and excitement.
Fondness	Affection and liking.
Infatuation	Intense, short-lived love or attraction.
Protectiveness	Desire to care for and safeguard others.
Warmth	Feeling of kindness and affection.
Attachment	Emotional bond to someone.
Intimacy	Close emotional connection.
Tender Love	Gentle and caring affection.
Affectionate	Showing fondness toward others.

Stress, Overwhelm & Negative States

Emotion / Feeling	Short Meaning
Confusion	Feeling uncertain or puzzled.
Doubt	Lack of certainty or belief.
Irritation	Annoyance at minor issues.
Frustration	Feeling blocked in goals or desires.
Agitation	Restless emotional disturbance.
Burnout	Mental or physical exhaustion.
Worry	Persistent concern or unease.
Panic	Sudden intense fear.
Apprehension	Fearful anticipation.
Overthinking	Excessive rumination causing stress.
Stress	Emotional strain or tension.
Exhaustion	Extreme tiredness from stress.

Emotion / Feeling	Short Meaning
Irritability	Quickness to anger or annoyance.
Nervousness	Uneasy anticipation of events.
Tension	Mental or emotional strain.
Vulnerability	Feeling exposed or weak.
Helplessness	Feeling unable to act or help.
Disappointment	Sadness over unmet expectations.
Resentment	Bitter indignation toward someone.
Fearfulness	Persistent worry or dread.