📝 40 Emotion Words Cheat Sheet for Journaling

Use this cheat sheet to **name your feelings clearly**, improve your **feelings vocabulary journal**, and write deeper, more honest journal entries.

🌈 Joyful Emotions

Emotion Word	Simple Meaning
Ecstatic	Extremely happy and excited
Blissful	Calm, peaceful happiness
Euphoric	Intense joy or excitement
Exuberant	Full of energetic happiness
Radiant	Glowing with joy
Thrilled	Very pleased and excited
Jubilant	Joyful after success
Serene	Calm and peaceful happiness

☁️ Sad Emotions

Emotion Word	Simple Meaning
Melancholy	Gentle, thoughtful sadness
Forlorn	Very lonely and abandoned
Disheartened	Losing hope or confidence
Languishing	Slow, lasting sadness
Woebegone	Very unhappy or sorrowful
Doleful	Tearful and gloomy
Pensive	Deep in sad thought
Sullen	Quietly unhappy or resentful

🔥 Angry Emotions (8 Words)

Emotion Word	Simple Meaning
Furious	Extremely angry
Indignant	Angry because something is unfair
Irritated	Slightly angry or annoyed
Resentful	Holding anger for a long time
Exasperated	Very frustrated and tired
Vexed	Annoyed and confused
Wrathful	Full of strong anger
Chagrined	Angry and embarrassed at yourself

😨 Fearful Emotions (8 Words)

Emotion Word	Simple Meaning
Anxious	Worried about what may happen
Apprehensive	Uneasy or fearful
Terrified	Very scared
Dreadful	Filled with fear or worry
Paranoid	Afraid without a clear reason
Timorous	Shy and fearful
Phobic	Having a strong fear
Nervous	Feeling tense or shaky

😲 Surprise & Other Emotions (8 Words)

Emotion Word	Simple Meaning
Astonished	Very surprised
Bewildered	Confused and unsure
Ambivalent	Having mixed feelings
Nostalgic	Missing the past
Content	Peacefully satisfied
Envious	Wanting what others have
Guilty	Feeling bad for a mistake
Empathetic	Understanding others' feelings

How to Use This Cheat Sheet

- Pick **1–2 words daily** and write one sentence in your journal
- Use it with an **emotion wheel** to find precise feelings
- Replace basic words like *happy*, *sad*, or *angry*
- Keep it printed or saved for quick reference