

Negative Emotions List

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|--------------|---------------|-----------------|-----------------|
| Afraid | Derailed | Incapable | Reticent |
| Agitated | Desperate | Indifferent | Ridiculous |
| Aggravated | Destructive | Indignant | Sad |
| Aggressive | Detached | Inferior | Sadistic |
| Alarmed | Devastated | Inflamed | Sarcastic |
| Alone | Disappointed | Inhibited | Secretive |
| Angry | Disconnected | Insecure | Seething |
| Annoyed | Discouraged | Insensitive | Self Sabotaging |
| Antagonistic | Disgust | Insignificant | Shame |
| Anxious | Disgraced | Inundated | Shamed |
| Apathetic | Disheveled | Irate | Shocked |
| Arrogant | Disillusioned | Irked | Shut down |
| Ashamed | Disinterested | Irresponsible | Shy |
| Baffled | Dismayed | Irritated | Skeptical |
| Belligerent | Disoriented | Isolated | Sorry |
| Bested | Distracted | Jealous | Speechless |
| Bewildered | Divided | Judged | Stagnant |
| Bitter | Down | Lazy | Stricken |
| Blocked | Downtrodden | Left Out | Stressed |
| Bored | Dumfounded | Lost | Stubborn |
| Boxed In | Egocentric | Manipulated | Stuck |
| Broken Down | Egotistical | Miffed | Stumped |
| Bullied | Empty | Miserable | Sulky |
| Burdened | Envious | Misplaced | Sullen |
| Chaotic | Enraged | Misunderstood | Suppressed |
| Clobbered | Erratic | Mixed Up | Tense |
| Closed | Exhausted | Moody | Touchy |
| Competitive | Exacerbated | Negative | Thwarted |
| Complacent | Fake | Neglected | Trapped |
| Complaining | Fearful | Offended | Trepidatious |
| Conflicted | Foggy | Oppressed | Troubled |
| Confused | Fretful | Outraged | Trounced |
| Constrained | Frozen | Overwhelmed | Unbalanced |
| Contempt | Frustrated | Overcome | Unconcerned |
| Controlled | Fuming | Panicked | Undone |
| Critical | Furious | Paranoid | Uneasy |
| Cruel | Hateful | Passive | Unhappy |
| Crushed | Heartbroken | Preoccupied | Unresponsive |
| Curbed | Hindered | Pretentious | Uptight |
| Cursed | Hopeless | Procrastination | Upset |
| Defeated | Huffy | Punished | Useless |
| Defensive | Hurt | Rage | Vain |

Dejected

Greedy

Reactionary

Victimized

Deluded

Guarded

Regretful

Weak

Demanding

Idle

Repulsed

Withdrawn

Demolished

Ignored

Rejected

Worried

Dependent

Impatient

Resentful

Wrathful

Depressed

Impulsive

Resigned