Jamie Hannah Wells (Spring 2015) – Useful adjectives to describe emotions.

Useful Adjectives to Describe Emotions!

Emotion: a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

OR: instinctive or intuitive feeling as distinguished from reasoning or knowledge.

It can sometimes be hard to know how to modify nouns and verbs, or to know what may have a pejorative connotation. It can be especially hard to know how to explain an emotion. Here is a list of emotional adjectives that students can reference when they run out of ideas.

Positive Emotions:

* Happy
* Joyful
* Loving
* Liking
* Sweet
* Pride
* Appreciative
* Hope
* Faith
* Thrilled
* Overcome
* Overjoyed
* Respectful
* Supportive
* Serene
* Excited

Negative Emotions:

* Sad
* Angry
* Mad
* Grumpy
* Tearful
* Devastated
* Disgruntled
* Annoyed
* Aggravated
* Hating
* Despise
* Depressed
* Scared
* Guilt
* Jealousy
* Frustration
* Selfish
* Overwhelmed

Example Sentence #1 (Positive Emotion)

Before-

“She saw presents under the tree and ran downstairs.”

After-

“She saw presents under the tree and **excitedly** ran downstairs.”

Inserting the adverb “excitedly” gives your reader a more descriptive sentence.

Example Sentence #2 (Negative Emotion)

Before-

“Jerome and his friends heard the yell from the man on the street.”

After-

“Jerome and his friends heard the **devastated** yell from the man on the street.”

Inserting the adjective “devastated” tells the reader what the connotation of the yell was, giving the reader insight to the story.

Practice

Now it’s your turn! Please write two sentences: one with an example of a positive emotion modifying a verb or noun and the other with an example of a negative emotion modifying a verb or noun.

Positive Emotion Example:

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Negative Emotion Example:

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