Mental

Emotion grid

49 feelings arranged by energy and pleasantness

High energy

	Furious, raging	Anxious, tense	Restless, on edge	Wired, buzzing	Eager, pumped	Thrilled, lively	Ecstatic, glowing
	Angry, tense	Stressed out	Jittery, antsy	Keyed up	Driven, focused	Excited, upbeat	Elated, joyful
	Irritated, edgy	Frazzled, frayed	Unsettled, tense	Alert, engaged	Motivated, ready	Cheerful, light	Happy, warm
Unpleasant	Fed up	A bit bothered	Slightly off	Right in the middle	Doing okay	Pretty good	Really good
	Glum, flat	A bit down	Kind of flat	Quiet, even	Settled, calm	Relaxed, easy	Quietly content
	Heavy-hearted	Worn down	Sluggish, low	Still, quiet	Mellow, soft	Calm, easy	Calm, content
	Drained, low	Wiped out	Weary, empty	Sleepy, slow	Soft, tired	Peaceful, rested	Serene, rested

Pleasant

Low energy

Based on Russell (1980), A Circumplex Model of Affect, https://doi.org/10.1037/h0077714

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