



PATHS[®]
Feelings
Thesaurus
Grade 5

Name

Using Your Thesaurus

Knowing words for feelings is very useful, and it's also useful to know synonyms and antonyms for those main feeling words. These can make your thoughts and your writing more interesting and creative! Knowing synonyms can help you understand and use slight differences in meanings, strengths and connotations for one main word.

If you're not sure of the meaning of a word listed as a synonym, **it's a good idea to look it up in a dictionary to be sure you are using it correctly.** Please remember that some of the synonyms we provide are not exact substitutes for the main word. They are useful for showing an aspect (a part) of that main word.

Feel free to add other synonyms you find, in the blanks provided!

A

Angry/anger

u.

aggravated, annoyed, bad-tempered, belligerent, cantankerous, combative, confrontational, contentious, crabby, cranky, cross, enraged, exasperated, explosive, fed up, fiery, furious, grouchy, grumpy, hostile, hot-blooded, hot-headed, "hot under the collar," hot-tempered, in a bad mood, incensed, indignant, inflamed, infuriated, irascible, irate, irritable, irritated, "like one is going to explode," livid, mad, ornery, peevish, petulant, piqued, prickly, quick-tempered, rage, "ready to burst," riled, short-tempered, steamed, surly, testy, touchy, upset, vexed, wrathful

ANT. calm, happy, joyful

Ashamed

u.

chagrined, degraded, disgraced, dishonored, embarrassed, guilty, humiliated, mortified, sorry, worthless

ANT. proud

Anxious

u.

see scared, stressed

B

Bored

u.

apathetic, blasé, “bored stiff,” “bored to death,” “bored to tears,” dispassionate, indifferent, jaded, lethargic, listless, sluggish, stagnant, unambitious, uninterested

ANT. curious, interested

C

Calm

c.

collected, composed, contented, cool, peaceful, placid, relaxed, safe, serene, soothed, stress-free, tranquil, undisturbed, unperturbed, unruffled

ANT. stressed

Confused

u.

addled, baffled, befuddled, bewildered, confounded, consternated, discombobulated, disorganized, disoriented, distracted, flustered, jumbled, “mixed up,” muddled, mystified, nonplused, “out of it,” perplexed, puzzled, rattled, uncertain

ANT. sure

Content

c.

see calm, fine

Curious

c.

see interested

Delighted

c.

see happy

Disappointed

u.

see sad, hurt

Disgusted

u.

see hate

Disrespected

u.

affronted, belittled, defamed, degraded, demeaned, denigrated, derided, disparaged, hurt, indignant, insulted, maligned, mocked, offended, piqued, provoked, put down, resentful, ridiculed, slighted, snubbed, wounded (also see angry)

ANT. respected

E

Embarrassed

u.

see ashamed

Empathy/empathetic

c.

affection, appreciation, caring, charitable, compassion, consideration, "goodwill toward," mercy, oneness, "sensitive toward," soft-hearted, sympathy, tenderness, unity

ANT. mean

Excited

c.

animated, avid, bouncy, captivated, delighted, eager, ecstatic, elated, energetic, energized, enthusiastic, exuberant, fascinated, fervent, keyed up, motivated, overjoyed, passionate, recharged, spirited, thrilled, tickled, zealous

ANT. calm, tired

F

Fine

c.

acceptable, adequate, agreeable, all right, at ease, comfortable, contented, fair, fit, good enough, OK, satisfied, satisfactory (also see calm)

ANT. hurt, mad, sad

Forgiving/Forgiveness c.

absolve, compassionate, conciliatory, excusing, kind, lenient, merciful, pardon

ANT. blame, anger

Frustrated u.

see angry

Furious u.

see mad

Generous c.

see kind

Grateful/gratitude c.

appreciative, gratified, obliged, pleasant, pleased, satisfied, thankful

ANT. critical, dissatisfied

G

Greedy

u.

avaricious, avid, close-fisted, covetous, gluttonous, grasping, insatiable, materialistic, possessive, rapacious, self-centered, self-interested, self-seeking, selfish, stingy, tight, voracious

ANT. kind

Guilty

u.

accountable, "ashamed of oneself," blameworthy, conscience-stricken, contrite, culpable, liable, penitent, regretful, remorseful, repentant, responsible (for something bad), shamefaced, sorry

ANT. innocent

Happy

c.

beaming, blissful, carefree, cheerful, cheery, content, contented, delighted, ebullient, fabulous, fantastic, festive, fine, friendly, fulfilled, glad, glowing, "in high spirits," jolly, jovial, joyful, joyous, magnificent, marvelous, merry, mirthful, "on cloud nine," optimistic, outstanding, pleased, positive, satisfied, sociable, sunny, thrilled, up

ANT. angry, sad, unhappy

Hate/hatred

u.

abhor, antipathy, aversion, contempt, despise, detest, disdain, disgust, dislike, disrespect, "grossed out," hostility, loathing, nauseated, repugnance, repulsion, revulsion, scorn, sickened, wrath

ANT. love

Hopeful

c.

anticipating, encouraged, expectant, lighthearted, optimistic, positive, upbeat

ANT. hopeless

Hopeless

u.

cynical, depressed, discouraged, distrustful, gloomy, glum, helpless, negative, pessimistic, unenthusiastic

ANT. hopeful

Humble

c., u.

average, diffident, inconspicuous, meek, modest, nondescript, ordinary, plain, reserved, self-effacing, shy, timid, timorous, unassuming, undistinguished, unexceptional, unremarkable

ANT. stuck-up

Humiliated

u.

see ashamed

Hurt

u.

affronted, agonized, bitter, bothered, disappointed, dismayed, displeased, disrespected, distressed, disturbed, grieved, harassed, harmed, indignant, injured, insulted, miffed, offended, pained, persecuted, pestered, slighted, snubbed, taunted, tormented, traumatized, troubled, wounded, upset

ANT. fine, happy

Inferior

u.

anemic, boring, dull, feeble, imperfect, inadequate, incompetent, insignificant, insipid, lackluster, less than, lousy, lower than, mediocre, unimportant, second-rate, shoddy, subordinate to, substandard, wretched

ANT. extraordinary, superior, worthy

Innocent

c.

above suspicion, blameless, child-like, faultless, flawless, guiltless, harmless, unblemished, unsullied, untarnished

ANT. guilty

Interested

c.

absorbed, attentive, attracted, captivated, charmed, curious, engrossed, enthralled, entranced, fascinated, immersed, inspired, intrigued, mesmerized, rapt, spellbound

ANT. bored

Jealous

u.

covetous, desirous, distrustful, envious, “green-eyed,” guarded, resentful, suspicious

ANT. content, trustful (also see happy)

Joyful

c.

blissful, cheerful, delighted, elated, enthusiastic, exalted, glad, happy, optimistic
(also see hopeful)

ANT. depressed, glum (also see sad)

K

Kind

c.

affable, agreeable, altruistic, amiable, benevolent, caring, charitable, compassionate, congenial, considerate, cordial, empathetic, friendly, generous, genial, gentle, gracious, helpful, hospitable, humane, loving, magnanimous, nice, pleasant, sociable, supportive, sympathetic, thoughtful, understanding, unselfish, warm, welcoming

ANT. greedy, mean

L

Lonely

u.

abandoned, alienated, alone, cut off, deserted, desolate, disliked, disregarded, excluded, forlorn, forsaken, friendless, homesick, ignored, isolated, lonesome, lost, miserable, neglected, outcast, overlooked, rejected, separated, uncared for, unloved, unpopular, unwanted (also see sad)

ANT. connected, happy

Love

c.

admire, adore, "affection for," ardor, "attracted to," captivated, charmed, devotion, enchanted, fervor, "fond of," idolize, infatuated, obsessed, passion, reverence, worship

ANT. hate

Lucky

c.

auspicious, blessed, favored, fortunate, opportune, propitious, prosperous, successful, well-timed

ANT. unlucky

Malicious

u.

see mean

Mean

u.

callous, cold, cold-blooded, cruel, hard-hearted, harsh, heartless, hurtful, insensitive, malevolent, malicious, nasty, obnoxious, pitiless, rude, ruthless, spiteful, uncaring, unfeeling, unkind, unsympathetic, vicious, vindictive, wicked

ANT. caring, kind

Nervous

u.

see scared, stressed

O

P

Playful

c.

amusing, cheerful, cheery, clever, enthused, feisty, full of fun, funny, gregarious, humorous, impish, jolly, jovial, light-hearted, lively, mirthful, mischievous, outgoing, silly, witty (also see excited, happy)

ANT. serious

Private

c., u.

cautious, closed, confidential, reserved, restricted, secretive, unavailable, undisclosed

ANT. expressive, open, public

Proud

c.

confident, fulfilled, gratified, optimistic, pleased, rewarded, satisfied, self-assured

ANT. ashamed

Q

R

Relaxed

c.

see calm, fine

Respected

c.

acclaimed, admired, adored, appreciated, celebrated, cherished, esteemed, fêted, honored, illustrious, impressive, loved, popular, prized, renowned, revered, valued, venerated, worthy

ANT. disrespected

Responsible

c., u.

accountable, assiduous, careful, conscientious, dependable, diligent, faithful, "guilty for," honest, honorable, loyal, mature, meticulous, reliable, scrupulous, sensible, trustworthy, truthful, upright

ANT. irresponsible

S

Sad

u.

anguished, blue, “bummed out,” cheerless, crushed, dejected, depressed, desolate, despairing, despondent, disappointed, discontented, discouraged, disheartened, disillusioned, dismayed, dispirited, distraught, distressed, doleful, down, “down in the dumps,” downcast, downhearted, forlorn, gloomy, glum, grief-stricken, grieved, heartbroken, heavy-hearted, homesick, hopeless, hurt, inconsolable, melancholy, miserable, morose, mournful, pained, plaintive, regretful, sick at heart, sorrowful, sullen, troubled, upset, wistful, wounded

ANT. happy

Safe

c.

see calm, fine

Satisfied

c.

see calm, fine

Scared

u.

afraid, alarmed, apprehensive, bothered, concerned, consternated, disquieted, disturbed, dreading, edgy, faltering, fearful, frightened, hesitant, horrified, insecure, intimidated, jittery, jumpy, nervous, on edge, panic-stricken, perturbed, petrified, reluctant, “scared out of one’s wits,” “scared stiff,” shaky, shocked, startled, tense, terrified, terror-stricken, threatened, timid, timorous, tremulous, troubled, uncertain, uneasy, unprotected, unsettled, unsure, upset, vulnerable, worried

ANT. calm, sure, safe

Selfish

u.

see greedy

Serious

c., u.

absorbed, brooding, contemplative, grave, grim, humorless, introspective, meditative, pensive, reflective, severe, solemn, sober, somber, stern, staid, subdued, thoughtful

ANT. playful

Shy

u.

apprehensive, bashful, cautious, circumspect, diffident, doubtful, guarded, hesitant, humble, inconspicuous, insecure, introverted, meek, modest, reclusive, reserved, restrained, reticent, retiring, self-effacing, tentative, timid, timorous, unassuming, uncertain, unpretentious, unremarkable, unsure, wary, withdrawn

ANT. stuck-up

Smart

c.

alert, astute, aware, brainy, bright, clever, conversant, discerning, educated, experienced, far-sighted, informed, insightful, intelligent, intuitive, keen, knowledgeable, learned, observant, perceptive, prudent, seasoned, sensible, sharp, shrewd, thoughtful, wise

ANT. stupid

Sorry (for)

u.

see kind

Sorry (remorseful)

u.

see guilty

Stressed

u.

agitated, antsy, anxious, drained, disconcerted, disquieted, distressed, disturbed, edgy, fidgety, flustered, frantic, frazzled, irritable, itchy, jarred, jittery, jolted, jumpy, nervous, perturbed, restless, ruffled, shaken, shocked, strained, tense, testy, uneasy, unhinged, unnerved, unsettled, unstable, worried (also see scared)

ANT. calm

Stubborn

u.

adamant, defiant, determined, dogged, fixed, forceful, headstrong, immovable, inflexible, intractable, mulish, obdurate, obstinate, opposed to, persevering, pig-headed, rebellious, resistant, resolute, steadfast, tenacious, unbending, unrelenting, unwavering, unwilling, unyielding, willful

ANT. compliant

Stupid

u.

dense, dim, dim-witted, dull, dull-witted, dumb, foolish, ignorant, ill-informed, inexpert, obtuse, ridiculous, silly, slow, thick-headed, unaware, uneducated, uninformed, unintelligent, unskilled, unwise

ANT. smart, wise

Sure

c.

assured, certain, clear, confident, convinced, definite, optimistic, positive, self-assured, self-confident, self-possessed, unhesitating

ANT. insecure, scared, surprised, uncertain

Surprised

c., u.

aghast, amazed, astonished, astounded, awed, bewildered, “blown away,” “bowled over,” “caught off guard,” dismayed, disoriented, dumbfounded, flabbergasted, incredulous, jarred, jolted, overwhelmed, rattled, shaken up, shocked, speechless, startled, stunned, taken aback, thunderstruck

ANT. sure, not surprised

Thankful

c.

appreciative, grateful, gratified, pleased

ANT. unappreciative, ungrateful

Tired

u.

apathetic, beat, bored, bushed, "burned out," depleted, "dog tired," dozy, drained, drowsy, exhausted, fatigued, fed up, lackadaisical, "lacking energy," lazy, lethargic, pooped, sick of, sleepy, sluggish, stagnant, unenthusiastic, weary, "wiped out," "worn out"

ANT. excited

Unlucky

u.

cursed, doomed, foiled, forlorn, hopeless, ill-fated, ill-omened, inauspicious, jinxed, miserable, ominous, thwarted, unfortunate, unsuccessful, wretched

ANT. lucky

Upset

u.

see hurt, mad, sad

W

Worried

u.

see scared

X

Y

Z
