

LIST OF EMOTIONS

Most emotions researchers agree on these five Universal Emotions that all people have in common.

ENJOYMENT

Enjoyment is the pleasurable and satisfying feeling that arises from engaging with something that brings happiness, contentment, or positive emotions.

- ☐ **Ecstatic:** Overwhelming joy and excitement.
- ☐ **Blissful:** A state of perfect happiness and contentment.
- ☐ **Euphoric:** An intense and elated sense of pleasure.
- ☐ **Delighted:** A feeling of great pleasure and satisfaction.
- ☐ **Exhilarated:** High-spirited excitement and energy.
- ☐ **Thrilled:** Excited and pleased about something.
- ☐ **Content:** A peaceful and satisfied feeling.
- ☐ **Elated:** Feeling extremely happy and joyful.
- ☐ **Overjoyed:** Filled with extreme happiness.
- ☐ **Radiant:** Emitting happiness and joy.
- ☐ **Satisfied:** A sense of fulfillment and contentment.
- ☐ **Captivated:** Completely charmed and engrossed.
- ☐ **Giddy:** Feeling light-headed and joyful.
- ☐ **Jubilant:** Expressing great joy and celebration.
- ☐ **Sensational:** Extraordinary and delightful experience.
- ☐ **Gleeful:** Filled with gleeful delight and happiness.
- ☐ **Awe-struck:** Amazed and delighted, often with a sense of wonder.
- ☐ **Uplifted:** Elevated in spirit and filled with positive emotions.
- ☐ **Rapturous:** Filled with intense pleasure and enthusiasm.

FEAR

Fear is an intense and distressing emotional response to perceived danger, threat, or uncertainty, often accompanied by the instinct to protect oneself.

- ☐ **Anxious:** Feeling unease and apprehension, often about uncertain events.
- ☐ **Nervous:** Anxious or uneasy about something.
- ☐ **Apprehensive:** Feeling uneasy or fearful about something.
- ☐ **Jittery:** Nervous and fearful, often accompanied by trembling.
- ☐ **Worried:** Feeling uneasy and concerned.
- ☐ **Startled:** A brief and sudden fear or surprise.
- ☐ **Dread:** A deep-seated and foreboding fear.
- ☐ **Trepidation:** Fear or anxiety about something that may happen.
- ☐ **Aghast:** Filled with shock and horror.
- ☐ **Shaken:** Feeling disturbed and fearful.
- ☐ **Horried:** Filled with intense fear, shock, or disgust.
- ☐ **Terror-stricken:** Overwhelmed by extreme fear.
- ☐ **Petrified:** Extremely frightened to the point of feeling paralyzed.
- ☐ **Panicked:** A sudden and overwhelming fear.
- ☐ **Terrified:** A state of extreme fear.
- ☐ **Paranoia:** Irrational or excessive fear or suspicion.
- ☐ **Foreboding:** A sense of impending doom or misfortune.
- ☐ **Shuddering:** Experiencing fear or unease, often with physical sensations.
- ☐ **Aggrieved:** Filled with intense and prolonged anger or resentment.

ANGER

Anger is a strong and often intense emotional response characterized by feelings of irritation, frustration, or hostility, typically triggered by perceived injustice, frustration of desires, or threats.

- ❑ **Furious:** A state of extreme anger, often accompanied by intense emotional energy.
- ❑ **Irritated:** A mild form of anger, marked by annoyance or agitation.
- ❑ **Indignant:** Feeling anger and resentment in response to perceived unfairness or injustice.
- ❑ **Seething:** Concealed but intense anger, as if boiling just beneath the surface.
- ❑ **Rage:** An uncontrollable and explosive anger, often leading to violent behavior or outbursts.
- ❑ **Resentful:** Feeling bitter or displeased due to perceived mistreatment or unfairness.
- ❑ **Enraged:** Filled with extreme and unrestrained anger.
- ❑ **Outraged:** Feeling intense anger as a response to offensive or morally wrong actions.
- ❑ **Bitter:** Anger mixed with resentment or a sense of disappointment.
- ❑ **Vexed:** Feeling irritated or frustrated, often due to minor annoyances.
- ❑ **Hostile:** A strong anger characterized by animosity or antagonistic feelings.
- ❑ **Incensed:** Filled with righteous anger or indignation, often due to a perceived offense.
- ❑ **Infuriated:** Extremely angry, often to the point of losing control.
- ❑ **Annoyed:** Slightly angry or bothered by something.
- ❑ **Exasperated:** Frustrated to the point of irritation.
- ❑ **Agitated:** Feeling uneasy, nervous, and irritable, often leading to anger.
- ❑ **Provoked:** Anger triggered by deliberate actions or words.
- ❑ **Fiery:** A passionate and intense form of anger, often accompanied by strong emotions.
- ❑ **Out of Patience:** Angry due to a lack of tolerance or endurance, especially in dealing with problems or delays.
- ❑ **Incensed:** Filled with extreme anger, especially as a result of something unjust or offensive.

SADNESS

Sadness is a deep and often melancholic emotional state characterized by feelings of sorrow, loss, and unhappiness, often triggered by various life events or experiences.

- ❑ **Melancholic:** A deep, pensive, and often prolonged sadness with a sense of nostalgia or longing.
- ❑ **Gloomy:** Feeling low-spirited, often accompanied by a sense of darkness or pessimism.
- ❑ **Mournful:** Expressing or feeling sorrow, especially related to grief or loss.
- ❑ **Somber:** A serious and subdued kind of sadness, often associated with a lack of brightness or cheer.
- ❑ **Downcast:** Feeling dejected or disheartened, often with lowered spirits.
- ❑ **Despondent:** A state of complete loss of hope, often accompanied by a sense of futility.
- ❑ **Heartbroken:** Overwhelming sadness caused by deep emotional pain or a significant loss.
- ❑ **Sorrowful:** Full of sorrow or regret, often related to personal experiences or events.
- ❑ **Forlorn:** A sense of abandonment or loneliness, often accompanied by sadness.
- ❑ **Disheartened:** Feeling discouraged or demoralized, often due to disappointment or setbacks.
- ❑ **Dismal:** A deep and dreary sadness, often related to a lack of hope or positivity.
- ❑ **Dejected:** Feeling low in spirits, often as a result of failure or rejection.
- ❑ **Desolate:** A feeling of emptiness and abandonment, often accompanied by loneliness.
- ❑ **Depressed:** A more severe and persistent form of sadness, often involving a lack of interest or pleasure in activities.
- ❑ **Bereaved:** Grieving or mourning due to the loss of a loved one or something significant.
- ❑ **Regretful:** Feeling sadness or disappointment about past actions or missed opportunities.
- ❑ **Resigned:** Accepting a sad situation without protest, often due to a sense of inevitability.

- ❑ **Wistful:** A gentle and yearning sadness, often accompanied by a desire for something lost or unattainable.
- ❑ **Heavyhearted:** A deeply sorrowful feeling, often involving emotional weight or burdens.
- ❑ **Pensive:** Deeply thoughtful, often with a tinge of sadness, reflecting on life or past events.

DISGUST

Disgust is an intense emotional response characterized by aversion or repulsion towards something considered offensive, unpleasant, or unclean.

- ❑ **Repulsed:** Feeling strong aversion or revulsion, often leading to a physical reaction.
- ❑ **Displeased:** A milder form of disgust, marked by dissatisfaction or discomfort.
- ❑ **Appalled:** Feeling shocked and horrified, often in response to something offensive or repugnant.
- ❑ **Offended:** Feeling disgusted due to something that goes against one's sensibilities or values.
- ❑ **Sickened:** Feeling nauseated or physically ill in response to something unpleasant or distasteful.
- ❑ **Repugnant:** A strong and intense disgust, often involving a feeling of loathing or abhorrence.
- ❑ **Abhorrent:** Utterly repugnant or detestable, causing a deep feeling of disgust or hatred.
- ❑ **Loathsome:** Deserving strong disgust, often accompanied by feelings of intense dislike