

## **EMOTION**

We use emotions in everything we do. Below is a list of some of the emotions we use most:

<b>Basic Emotion</b>	<b>Basic Opposite</b>
Joy	<i>Sadness</i>
Trust	<i>Disgust</i>
Fear	<i>Anger</i>
Surprise	<i>Anticipation</i>
Sadness	<i>Joy</i>
Disgust	<i>Trust</i>
Anger	<i>Fear</i>
Anticipation	<i>Surprise</i>

### Emotions that are:

#### Negative and forceful

- Anger
- Annoyance
- Contempt
- Disgust
- Irritation

#### Agitation

- Stress
- Shock
- Tension

#### Quiet Positive

- Calm
- Content
- Relaxed
- Relieved
- Serene

#### Negative and not in control

- Anxiety
- Embarrassment
- Fear
- Helplessness
- Powerlessness
- Worry

#### Positive and lively

- Amusement
- Delight
- Elation
- Excitement
- Happiness
- Joy
- Pleasure

#### Reactive

- Interest
- Politeness
- Surprised

#### Negative thoughts

- Doubt
- Envy
- Frustration
- Guilt
- Shame

#### Caring

- Affection
- Empathy
- Friendliness
- Love

#### Negative and passive

- Boredom
- Despair
- Disappointment
- Hurt
- Sadness

#### Positive thoughts

- Courage
- Hope
- Pride
- Satisfaction
- Trust