

Vocabulary of Emotions (www.edbatista.com/files/vocabulary-of-emotions.pdf)

- Each heading describes a category of primary emotions.
- Below each category heading, the intensity of the emotion increases as you go down the list.

HAPPY Pleased Glad Contented Fulfilled Joyful Thrilled	CARING Warm Tender Touched Empathetic Intimate Loving	EXCITED Interested Engaged Eager Stimulated Energetic Ecstatic
SAD Down Disappointed Dejected Hopeless Miserable Grieving	FEARFUL Tense Nervous Anxious Frightened Panicked Terrified	ANGRY Irritated Resentful Upset Mad Furious Enraged
EMBARRASSED Regretful Exposed Guilty Ashamed Humiliated Disgraced	INADEQUATE Ineffective Lacking Weak Defeated Overwhelmed Worthless	AVERSE Disinterested Disdainful Loathing Repugnant Contemptuous Disgusted

Credits/Learn More

- Adapted by Ed Batista from a version developed by David Bradford, Mary Ann Huckabay and Carole Robin of the Stanford Graduate School of Business.
- To learn more about the basic categories of emotion:
 - Joseph LeDoux, *The Emotional Brain*, Chapter 5, <http://j.mp/ledoux5>
 - Paul Ekman, *An Argument for Basic Emotions*, <http://j.mp/ekman92>
 - Ed Batista, *Perception and Understanding*, <http://j.mp/batista-2012-06-25>
 - <http://changingminds.org/explanations/emotions/basic%20emotions.htm>