## Emotional Spectrum—From Protective to Connective Feelings A Nonlinear Taxonomy

## Protective Emotions

Fear

timid

Anger annoved agitated fed up frustrated irritated mad critical resentful disgusted outraged raging furious seething livid bitter

uneasv tense nervous insecure cowardly worried afraid threatened frightened intimidated fearful anxious panicky (ed) shakv horrified terrified

Wisdom Projects, Inc.



Panic flumoxed mixed up unsure uncomfortable troubled perplexed insecure disoriented stunned shocked anxious stuck lost trapped desperate helpless frozen hysterical paralvzed

Weak Feelings disappointed **Physical Fatigue** thirsty hungry tired

Sadness

low

down

gloomy

disturbed

mingin

unhappy

hurt

awful

distressed

hopeless

miserable

heartbroken

depressed

terrible

crushed

devastated

run-down worn out sore powerless shaky sick impotent ill frail lifeless exhausted stressed fragile vulnerable defenseless insecure discouraged overwhelmed Emotional Fatigue

Seeking / **Engaging with** Creation curious clever inquisitive motivated stimulated active energetic intrigued engaged constructive productive creative eager bold artistic fascinated confident focused determined inspired inventive ambitious absorbed obsessed

Caring Connection helpful secure attentive considerate friendly kind understanding giving supportive connected tender loving nurturing joined attached

**Connective Emotions** Playful Sexual Connection Connection flirtatious relaxed affectionate light-hearted tender amused cuddly cheerful frisky comical romantic physical turned on optimistic amorous desirous delighted aroused stimulated spontaneous hot imaginative passionate whimsical sexy orgasmic spirited energized cheerful

glad

sillv

happy

alive

giggly

joyful

excited

bouncy

livelv

animated

elated

ecstatic