**Emotions**



Here is a short here is a short list of emotions and our responses:

* **Happiness**
  + a pleasant state of joy, contentment, satisfaction., and overall wellbeing
  + we respond with facial experiences like smiling or maybe laughing and a relaxed body stance/demure
* **Sadness**
  + state of grief, hopelessness, sorrow
  + we respond by crying, staying quiet, or withdrawing from people/isolating ourselves
* **Disgust**
  + mainly a reaction to something that is bad or evil—can be something that is as simple as rotten food to as extreme as a dead body
  + we respond by turning away, vomiting, wrinkling our nose
* **Anger**
  + a powerful emotion that can also play a part in your fight or flight response
  + we respond with frowning, glaring, a change in the tone of voice, turning red, sweating, or aggressively lashing out

Here is a long list of emotions you might be feeling, including core emotions and secondary emotions and tertiary emotions:

Happiness

Pride

Excitement

Peace

Satisfaction

Acceptance

Affection

Joy

Compassion

Adoration

Desire

Grateful

Love

Humble

Contentment

Empathetic

Amusement

Appreciative

Confident

Optimistic

Cheerful

Carefree

Sweet

Kind

Loyal

Lust

Gladsomeness

Goofy

Inspired

Enchanted

Funny

Friendly

Calm

Sensual

Awe

Warm

Romantic

Aware

Comfortable

Free

Courageous

Hopeful

Fascinated

Tender

Proud

Relief

Eager

Sexy

Understanding

Patient

Surprised

Craving

Wonder

Amazed

Sentimental

Focused

Determined

Fearful

Grieved

Distracted

Baffled

Needy

Lost

Self-pity

Pessimistic

Hysteria

Withdrawal

Worried

Doubtful

Frazzled

Sorrow

Curious

Guilt

Apologetic

Horrified

Overwhelmed

Nervous

Anxious

Terrified

Cautious

Panicked

Alienated

Challenged

Jealous

Fraud (feeling like a)

Stressed

Agony

Umpty

Shock

Desperate

Confused

Alone

Tense

Curious

Suspicious

Paranoid

Reluctant

Skeptical

Sulkiness

Horror

Sadness

Unhappy

Emptiness

Misery

Aching

Insecure

Apathetic

Defeated

Pity

Submissive

Lonely

Melancholy

Heartbroken

Depressed

Worn out

Glum

Cowardly

Gloomy

Hurting

Disappointed

Tired

Lovesick

Left out

Resigned

Miserable

Shy

Vulnerable

Yearning

Nostalgia

Remorse

Pensive

Protective

Dismay

Distress

Wanderlust

Anger

Annoyed

Bitter

Frustrated

Dislike

Spite

Uncomfortable

Offended

Bitter

Infuriated

Rage

Cheated

Vengeful

Impatient

Disgust

Animosity

Insulted

Cold

Envy

Uneasy

Loathe

Hopeless

Troubled

Embarrassed

Boredom

Wrath

Disapproval

Craving

Outrage

Awkward

Hatred

Resentment

Lazy

Mean

Hatred

Cranky

Aggressive

Horror

Vigilant

Pity

Cruel

Resentful

Disgust

Delirious

Denial

Obsessed

Defensive

Destructive