



# EMOTION WORDS

Naming your emotion is a powerful way to understand and process what you're feeling. Use this chart to identify your emotions so you can approach every situation with balanced composure.

## Love + Optimism

Serenity  
Joy  
Ecstasy

## Disapproval + Remorse

Pensiveness  
Sadness  
Grief

## Love + Submission

Acceptance  
Trust  
Admiration

## Remorse + Contempt

Boredom  
Disgust  
Loathing

## Submission + Awe

Apprehension  
Fear  
Terror

## Aggressiveness + Contempt

Annoyance  
Anger  
Rage

## Awe + Disapproval

Distraction  
Surprise  
Amazement

## Aggressiveness + Optimism

Interest  
Anticipation  
Vigilance