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

Adapted from R. Plutchik, 1980. A general psychoevolutionary theory of emotion, pages 3–33. Academic press, New York.