



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