

The Relationship Institute

Steven D. Solomon, Ph.D.

Lorie J. Teagno, Ph.D.

3262 Holiday Court, Suite 203 & 200

La Jolla, CA 92037-1811

EMOTIONS: THE SHORT LIST

Positive

Admiration
Amusement
Caring
Compassion
Contentment
Curiosity
Enthusiasm
Euphoria
Excitement
Gratitude
Happiness
Hope
Joy
Love
Peaceful
Pride
Respect
Safe
Secure

Negative

Anger
Anxiety
Boredom
Confusion
Depression
Disappointment
Embarrassment
Envy
Fear
Frustration
Guilt
Hopelessness
Hurt
Jealous
Loneliness
Regret
Sadness
Shame
Vengeful