

Emotions vocabulary

Pleasant emotions	Unpleasant emotions
 Joy	 Anger (annoyance, frustration, fury, outrage)
 Gratitude	 Fear (worry, anxiety, panic, terror)
 Delight	 Sadness
 Anticipation	 Hurt
 Interest	 Rejection
 Hope	 Devastation
 Pride	 Embarrassment
 Excitement	 Guilt
 Inspiration	 Regret/remorse
 Love	 Shame
 Happiness	 Shock
 Surprise/ astonishment	 Disgust