

List of emotions

From the ChangingMinds.Org Website:

What are the basic emotions? As ever, theorists disagree. Ortony and Turner (1990) collated a wide range of research as to what basic emotions are.

Theorist	Basic Emotions
Plutchik	Acceptance, anger, anticipation, disgust, joy, fear, sadness, surprise
Arnold	Anger, aversion, courage, dejection, desire, despair, fear, hate, hope, love, sadness
Ekman, Friesen, and Ellsworth	Anger, disgust, fear, joy, sadness, surprise
Frijda	Desire, happiness, interest, surprise, wonder, sorrow
Gray	Rage and terror, anxiety, joy
Izard	Anger, contempt, disgust, distress, fear, guilt, interest, joy, shame, surprise
James	Fear, grief, love, rage
McDougall	Anger, disgust, elation, fear, subjection, tender-emotion, wonder
Mowrer	Pain, pleasure
Oatley and Johnson-Laird	Anger, disgust, anxiety, happiness, sadness
Panksepp	Expectancy, fear, rage, panic
Tomkins	Anger, interest, contempt, disgust, distress, fear, joy, shame, surprise
Watson	Fear, love, rage
Weiner and Graham	Happiness, sadness

Here is a deeper list of emotions as described in Parrot (2001), where emotions were categorised into a short tree structure.

Primary emotion	Secondary emotion	Tertiary emotions
Love	Affection	Adoration, affection, love, fondness, liking, attraction, caring, tenderness, compassion, sentimentality
	Lust	Arousal, desire, lust, passion, infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, bliss, cheerfulness, gaiety, glee, jolliness, joviality, joy, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria

	Zest	Enthusiasm, zeal, zest, excitement, thrill, exhilaration
	Contentment	Contentment, pleasure
	Pride	Pride, triumph
	Optimism	Eagerness, hope, optimism
	Enthrallment	Enthrallment, rapture
	Relief	Relief
Surprise	Surprise	Amazement, surprise, astonishment
Anger	Irritation	Aggravation, irritation, agitation, annoyance, grouchiness, grumpiness
	Exasperation	Exasperation, frustration
	Rage	Anger, rage, outrage, fury, wrath, hostility, ferocity, bitterness, hate, loathing, scorn, spite, vengefulness, dislike, resentment
	Disgust	Disgust, revulsion, contempt
	Envy	Envy, jealousy
	Torment	Torment
	Sadness	Suffering
Sadness		Depression, despair, hopelessness, gloom, glumness, sadness, unhappiness, grief, sorrow, woe, misery, melancholy
Disappointment		Dismay, disappointment, displeasure
Shame		Guilt, shame, regret, remorse
Neglect		Alienation, isolation, neglect, loneliness, rejection, homesickness, defeat, dejection, insecurity, embarrassment, humiliation, insult
Sympathy		Pity, sympathy
Fear	Horror	Alarm, shock, fear, fright, horror, terror, panic, hysteria, mortification
	Nervousness	Anxiety, nervousness, tenseness, uneasiness, apprehension, worry, distress, dread

So What

Learn to recognise emotions at increasing levels of detail. If you can see the emotion, then you can respond appropriately to it.

Reference

Parrott, W. (2001), *Emotions in Social Psychology*, Psychology Press, Philadelphia

Ortony, A., & Turner, T. J. (1990). What's basic about basic emotions? *Psychological Review*, 97, 315-331.

Plutchik, R. (1980). A general psychoevolutionary theory of emotion. In R. Plutchik & H. Kellerman (Eds.), *Emotion: Theory, research, and experience: Vol. 1. Theories of emotion* (pp. 3-33). New York: Academic