

Self-Referencing Primary and Secondary Emotions

PRIMARY EMOTION

INTEREST

SECONDARY EMOTIONS

attentive, undivided, absorbed, curious, engrossed, inquisitiveness, engaged, delighted, enjoyment

PHYSICAL SENSATIONS

buzzing, tension, vibration

PRIMARY EMOTION

JOY

SECONDARY EMOTIONS

cheerfulness, zest, contentment, pride, optimism, enthrallment, relief, amusement, bliss, glee, delight, enjoyment, gladness, happiness, elation, satisfaction, euphoria, enthusiasm, excitement.

PHYSICAL SENSATIONS

expanded, electric, flowing, fluttery, radiating, rearing, spacious, tingling, vibrating warm

PRIMARY EMOTION

SURPRISE

SECONDARY EMOTIONS

amazement, astonishment, startled, confused, amazed, excited, shocked, dismayed, disillusioned, perplexed, astonished, awe, eager, energetic

PHYSICAL SENSATIONS

breathless, buzzed, electric, expanded, fluttery, jumpy, pulsing, radiating, tingly, shivering

PRIMARY EMOTION

SADNESS

SECONDARY EMOTIONS

lonely, hurt, hurting, unhappy, gloomy, overwhelmed, distant, discouraged, distressed, dismayed, disheartened, despairing, sorrowful, depressed, blue, miserable

PHYSICAL SENSATIONS

blocked, cold, drained, empty, frozen, heavy, hollow, knotted, nauseous, numb, pained, sensitive, sore

PRIMARY EMOTION

ANGER

SECONDARY EMOTIONS

impatient, irritated, frustrated, grouchy, agitated, exasperated, disgusted, animosity, bitter, rancorous, irate, furious, angry, hostile, enraged

PHYSICAL SENSATIONS

Burning, clenching, hot, pouding, prickly, the, tight, bulging, trembling, vibrating

PRIMARY EMOTION

DISGUST

SECONDARY EMOTIONS

contempt, disdain, scorn, aversion, distaste, revulsion, disapproval, disappointed, awful, repelled, judgmental, embarrassed appalled, revolted, detestable, horrified, hesitant

PHYSICAL SENSATIONS

clenched, constricted, queasy, pulsing, shaky, tight

PRIMARY EMOTION

FEAR

SECONDARY EMOTIONS

afraid, startled, frightened, insecure, anguished, sensitive, shocked, jealous, terrified, horrified, desperate, horror, alarm, shock, panic

PHYSICAL SENSATIONS

breathless, clenched, constricted, frozen, knotted, nauseous, jumpy, pounding, sweaty, tense, tight, twitchy, wobbly

PRIMARY EMOTION

SHAME

SECONDARY EMOTIONS

afraid, startled, frightened, insecure, anguished, sensitive, shocked, jealous, terrified, horrified, desperate, horror, alarm, shock, panic

PHYSICAL SENSATION

blocked, burning chest, clenched, constricted, frozen, pulsing, shaky, sweaty, vibrating