Нарру	Relaxed	Unhappy	
Moody	Surprised	Confident	
Anxious	Jealous	Content	
Angry	Worried	Embarrassed	
Miserable	Furious	Concerned	
Pleased	Withdrawn	Enraged	

Ashamed	Delighted	Helpless		
Shy	Concerned	Calm		
Mean	Curious	Bored		
Rotten	Grumpy	Bold		
Uneasy	Tense	Unsettled		
Terrified	Horrified	Confused		

Disgusted Guilty Safe

Lonely Timid Uncomfortable

Sad Irritated Panicky

Ecstatic Gloomy

8 Basic Emotions

And the purpose of each one



Anger
To fight against problems



Fear
To protect us
from danger



Anticipation
To look forward
and plan



Surprise
To focus us
on new
situations



Joy
To remind us
what's important



To connect us with those we love

Sadness



Trust
To connect with people who help



DisgustTo reject what is unhealthy

ESTATIO INQUISITIVE IMPORTANT CONFIDENT RESPECTED SNINOT SNINOT SNINOT TOJANON ANUSED SNINOT TOJANON TOJANO	ACCEPTED ACCEPT	STARTLED SURPRISE SAD ABANDONED CONFUSED SURPRISE SAD DESPAIR DESPAIR	ANXIOUS FEAR ANDISONS ANDIDANCE	AGGRESSIVE FRUSTRATED CRITICAL SARCE CRITIC	MASEONS ANOLATED ANOL
		VICTIMIZED POWERLESS VULNERABLE	AVERSION HESITANT HESITANT REMORESFUL ASHAMED	REPURSION TO STATE OF THE STATE	× ×

