

Happy

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Withdrawn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



Sadness

To connect us with those we love



Trust

To connect with people who help



Disgust

To reject what is unhealthy



