

# The 8 Different Emotional Categories

## EXPANSION

OPENESS

(THE FEELING OF) YES

MOVEMENT OR FLOW OF ENERGY

POSITIVE CHARGE +  
(QUALITY OF ENERGY)

EMOTIONS:

JOY

SADNESS

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(Thought + Emotion)

GRATITUDE

PEACE

## CONTRACTION

CLOSED

(THE FEELING OF) NO

NON-MOVEMENT OR STUCK ENERGY

NEGATIVE CHARGE –  
(QUALITY OF ENERGY)

EMOTIONS:

FEAR

ANGER

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(Thought + Emotion)

GUILT

SHAME

**FEAR:** terror • fright • fearfulness • horror • alarm • panic • agitation • trepidation • dread • consternation, dismay • distress • anxiety • worry • angst • unease • uneasiness • apprehension • apprehensiveness • nervousness • nerves • perturbation • foreboding • apprehension • the creeps • jitteriness • butterflies • phobia • aversion • antipathy • dread • nightmare • horror • terror

**ANGER:** rage • vexation • exasperation • displeasure • crossness • irritation • irritability • indignation • annoyance • fury • wrath • outrage • ill temper • slow burn • aggravation • livid • infuriate • irritate • exasperate • irked • vexation • peeved • madden • put out • enraged • incensed • annoyed • rub the wrong way • rile up • ticked off • depression • frustration

**GUILT:** wrong-actions • remorse • contrition • compunction • chasten • inadequate • culpability • blameworthiness • obligation • wrongdoing • wrong • criminality • misconduct • sin remorse • remorsefulness • regret • contrition • contriteness • compunction • conscience • failed

**SHAME:** wrong-being • humiliation • mortification • chagrin • ignominy • embarrassment • indignity, discomfort • dishonor • loss of esteem • disgrace • dishonor • discredit • degrade • debase • stigmatize • taint • sully • tarnish • besmirch • blacken • drag through the mud • self-reproach • self-condemnation

**JOY:** delight • great pleasure • joyfulness • jubilation • triumph • exultation • rejoicing • happiness • gladness • glee • exhilaration • exuberance • elation • euphoria • bliss • ecstasy • rapture • joie de vivre • rejoice • pleasure • delight • treat • thrilling

**SADNESS:** unhappiness • sorrow • dejection • depression • misery • despondency • despair • desolation • dolefulness • melancholy • mournfulness • woe • heartache • grief • the blues • nostalgia • depression

**GRATITUDE:** gratefulness • thankfulness • thanks • appreciation • indebtedness recognition • acknowledgment • credit • awed • heartfelt • humility • welcomed • pleasing • beholden • gratifying

**PEACE:** freedom from disturbance • quiet tranquility • restfulness • peace • quiet • privacy • solitude • mental calm • serenity • peacefulness • equanimity • calmness • composure • ease, contentment • contentedness • harmony • order • harmony • nonviolence