

Negative emotions

Provocations	<u>Anger</u> The feeling when someone did something bad to you or insulted you	<u>Indignation</u> Disbelief that someone does something that goes against your moral values	<u>Resentment</u> The feeling that you are treated unfairly, when someone else gets more than they deserve
Agitation	<u>Annoyance</u> The feeling that something is bothering you	<u>Dissatisfaction</u> The feeling you get after something has happened and you feel less fulfilled than you expected	<u>Frustration</u> The feeling when you want to achieve something but are hindered
Antipathy	<u>Contempt</u> The feeling when you look down on someone	<u>Hate</u> The intense feeling when you think someone has done bad things	
Repulsion	<u>Disgust</u> The feeling when you come across something that you don't want to get into contact with in any way		
Amotivation	<u>Boredom</u> The feeling when there is nothing interesting or enjoyable to do	<u>Reluctance</u> The feeling when you have to do something but don't want to	
Misfortune	<u>Sadness</u> The feeling when you have lost something important	<u>Disappointment</u> The feeling you get when something you hoped for didn't happen	<u>Pity</u> The feeling when you witness a setback or someone else suffering
Social Hurt	<u>Loneliness</u> The feeling you get when you think there is no one who cares about you	<u>Rejection</u> The feeling you get when the person you hope likes you does something that makes you think they don't like you at all	<u>Humiliation</u> The feeling when someone has deliberately done something to put you down

Painful Desire	<p><u>Longing</u> The feeling when you want something that you don't have (yet)</p>	<p><u>Envy</u> The feeling when something good happens to someone but you wish it happened to you instead</p>	<p><u>Jealousy</u> The feeling when you think your special relationship with someone is threatened because a third person is trying to have a similar relationship with the same person</p>
Self-blame	<p><u>Guilt</u> The feeling when you think you have hurt someone</p>	<p><u>Regret</u> The feeling when you think you could have prevented something unwanted by acting differently</p>	
Social failing	<p><u>Shame</u> The feeling when you think others know something bad about you</p>	<p><u>Embarrassment</u> The feeling when people suddenly focus unwanted attention on you in a situation where you have no control</p>	
Tangible threat	<p><u>Fear</u> The feeling when you think that someone or something can harm you and you meet or think about that thing/person</p>	<p><u>Startle</u> The feeling when something unexpected that may be bad suddenly happens</p>	<p><u>Worry</u> The feeling after something has happened that could have negative consequences for you or someone else</p>
Ambiguous threat	<p><u>Anxiety</u> The feeling when you think about the bad things that can happen to you</p>	<p><u>Distrust</u> The feeling when you think someone is not honest and does not have good intentions</p>	
Uncertainty about threat	<p><u>Doubt</u> The feeling when you need to do something, but you don't know which of the options to choose</p>	<p><u>Nervousness</u> The feeling when you have to do something, but you think that something could go wrong and prevent your success</p>	<p><u>Insecurity</u> The feeling when you have doubts about your quality or are not sure whether you meet the set standards</p>

Helplessness	<u>Distress</u> The intense feeling when something bad happens to you	<u>Desperation</u> The feeling when you have lost all hope or opportunity to achieve a goal	
Overwhelm	<u>Confusion</u> The feeling when you receive information that does not make sense to you and you do not know what to do	<u>Shock</u> The feeling when you realize something very bad has happened	

Source:

https://www.researchgate.net/profile/Pieter_Desmet2/publication/261873475/figure/fig1/AS:296757603913734@1447763934862/General-typology-of-25-positive-emotions.png
<https://emotiontypology.com/>