Definition of Emotions

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| Anger | An intense emotional state involving a strong uncomfortable and hostile response to a perceived provocation, hurt or threat. |
| Anxiety | A feeling of worry, nervousness, or unease about something with an uncertain outcome. |
| Fear | A strong emotion induced by perceived threat of danger, pain, or harm which causes physiological and behavioral changes, |
| Rage | Intense, uncontrolled anger, a hostile response to an injury or injustice. |
| Desperation | A state of despair,which may result in rash or extreme behavior. A feeling of nothing to lose. |
| Hate | An intense feeling of passionate dislike |
| Humiliation | The loss of pride or self worth which leads to a state of being humbled or reduced to lowliness.. It is an emotion felt when someone’s social standing, has just decreased, either by force or willingly. |
| Jealousy | Feeling there are qualities or objects which you desire but can not obtain. It is caused by lacking self confidence and judging your abilities. |
| Shame | Negative feeling or judgement about one's past actions or thoughts. |
| Rejection | Being deliberately excluded from a social relationship or interaction. |
| Frustration | The feeling of being upset or annoyed, especially because of inability to change or achieve something. |
| Resentment | A complex, multilayered emotion that has been described as a mixture of disappointment, disgust, anger, and fear .Inherent in resentment is a perception of unfairness. |
| Melancholy | A pervasive feeling of pensive sadness, typically with no obvious cause. |
| Sorrow | A feeling of deep distress caused by loss, disappointment, or other misfortune suffered by oneself or other. Sorrow (unlike unhappiness) suggests a degree of resignation. |
| Grief | Grief is the response to loss, particularly to the loss of someone or something that has died. |
| Hopelessness | A feeling or state of despair, where there is no expectation that things will get better. |
| Regret | Regret is related to perceived opportunity, in regard to action versus inaction. A feeling of having made a wrong choice. |
| Depression | Depression is a state of low mood and aversion to activity.Often accompanied by lack of energy and disturbance of appetite and sleep |
| Apathy | A lack of interest, enthusiasm, or concern. It is a common response to disappointment, dejection, and stress. |
| Sadness | Is an emotion characterized by feelings of disadvantage, loss, despair, greif helplessness, and disappointment. |

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| Happiness | A feeling of appreciation of your life as a whole. Uplifting and engaged. |
| Excitement | An elevated feeling of great enthusiasm and eagerness. |
| Passion | A state or outburst of strong emotion associated an intense desire or enthusiasm for something or someone. |
| Joy | A feeling of great pleasure or happiness. Is associated with a state of being rather than a specific event. |
| Adventure | Excitement and anticipation associated with taking risks and having an uncertain outcome. |
| Bliss | A state of perfect happiness, typically so as to be oblivious of everything else. |
| Pleasure | A feeling of happy satisfaction and enjoyment experienced in the moment of doing something worthwhile. |
| Courage | Doing something even though you are afraid. |
| Wonder | A feeling of amazement and admiration, caused by something beautiful, remarkable, or unfamiliar or inexplicable. |
| Vitality | The state of being strong and active. |
| Love | A feeling of kindness, compassion, and affection. The unselfish loyal and deep concern for the good of another |
| Appreciation | Recognition and enjoyment of the good qualities of someone or something. |
| Peace | Freedom from disturbance, a feeling of tranquility. An internal state of quiet wellbeing |
| Calm | A state of not experiencing nervousness, anger, or other strong emotions. The ability to think clearly and be present. |
| Tranquility | A feeling of calm and peace and quiet, Often experienced in a natural setting. |
| Trust | The feeling of being sure someone or something can be relied upon. |
| Kindness | Having concern and consideration for others. Being friendly, generous, and considerate |
| Compassion | Generous understanding of others states of being. The ability to let go of your own perspective and be gentle with another person's experience. |
| Care | Attention or consideration applied to doing something correctly or provide support and welfare or to avoid damage. |
| Contentment | A state of happiness and satisfaction. Being at ease in one's situation, body and mind. |
| Serenity | A state of being calm and untroubled. A feeling of gentle elevated happiness. |