

# The Relationship Institute

Steven D. Solomon, Ph.D.

Lorie J. Teagno, Ph.D.

3262 Holiday Court, Suite 203 & 200

La Jolla, CA 92037-1811

## **EMOTIONS: THE SHORT LIST**

### **Positive**

Admiration  
Amusement  
Caring  
Compassion  
Contentment  
Curiosity  
Enthusiasm  
Euphoria  
Excitement  
Gratitude  
Happiness  
Hope  
Joy  
Love  
Peaceful  
Pride  
Respect  
Safe  
Secure

### **Negative**

Anger  
Anxiety  
Boredom  
Confusion  
Depression  
Disappointment  
Embarrassment  
Envy  
Fear  
Frustration  
Guilt  
Hopelessness  
Hurt  
Jealous  
Loneliness  
Regret  
Sadness  
Shame  
Vengeful