



## Primary and Secondary Emotions

	Primary	Secondary
<b>Sad</b>	Disappointed Embarrassed Ashamed Useless Worthless	Sorrowful Unhappy Depressed Melancholy Gloomy Somber Dismal Discontented Discouraged Shameful
<b>Hurt</b>	Injured Isolated Offended Pained Lonely	Distressed Worried Despair Pathetic
<b>Angry</b>	Annoyed Offended Awkward Provoked	Resentful Frustrated
<b>Afraid</b>	Fearful Frightened Alarmed Shocked Pressured Awed Dismayed Scared	Timid Wishy-washy Shaky Apprehensive Hysterical Cautious Horried Insecure Impatient Nervous Dependent Worried Doubtful Suspicious Hesitant Cowardly Threatened Appalled



<b>Happy</b>	Relaxed Calm Serene Peaceful Joyous Ecstatic Glad Pleased Grateful Surprised Thrilled Up/Positive Hopeful Merry	Festive Contented Complacent Satisfied Comfortable Enthusiastic Inspired Cheerful Excited Cheery Lighthearted Buoyant Carefree Optimistic Spirited Exhilarated Playful Jubilant Elated Great Joyful Content
<b>Affectionate</b>	Tender Passionate Warm	Close Loving Sexy Seductive Aggressive Appealing
<b>Eager</b>	Keen Zealous Desirous	Anxious Enthusiastic Excited Focus
<b>Fearless</b>	Confident Secure Proud Impulse	Encouraged Courageous Independent Bold Determined Loyal