

List of Common Emotions

Emotions are our conscious mental reactions to events that happen to us (such as anger or fear). It is subjectively experienced as strong feelings, usually directed toward a specific object or a person and is typically accompanied by physiological and behavioral changes in our body.

Emotions can be positive or negative and you can find the most common emotions we may feel below:

Some **positive** emotions;

- **Happiness** - a state of well-being and contentment **or** a pleasurable or satisfying experience.
- **Excitement** – something that excites or arouses
- **Calmness** – a state of being free from worry, being peaceful and quiet
- **Contentment** - happiness and satisfaction, often because you have everything you need
- **Love** – to like a person or something very much and have strong feelings towards them.
- **Pride** – a feeling of pleasure and satisfaction that you get because you or people who are connected with you have done or got something good **or** your feelings of your own worth and respect for yourself.
- **Acceptance** – to agree that something is satisfactory or right or the fact of accepting a difficult or unpleasant situation.

Some **negative** emotions;

- **Anger** – a strong feeling that makes you want to hurt someone or be unpleasant because of something unfair, painful, bad or unkind that has happened.
- **Sadness** – the feeling of being unhappy, especially because something bad has happened
- **Fear** – an unpleasant feeling or thought you have when you're frightened or worried by something/someone you perceive as dangerous, painful or bad that is happening or might happen.

- **Guilt** – a feeling of worry or unhappiness for doing something wrong or not meeting your own expectations
- **Shame** – an uncomfortable feeling of guilt or of being ashamed because of your own or someone else’s bad behavior **or** loss of honor and respect for yourself or someone else.
- **Regret** – a feeling of sadness or unhappiness about something sad, wrong or about a mistake that you have made and a wish that it could have been different and better.
- **Grief** – deep sadness for the loss of someone or something
- **Embarrassment** – to feel ashamed or shy due to something that has happened
- **Hatred** – an extremely strong feeling of dislike for someone or something
- **Jealousy** – a feeling or unhappiness, sadness or anger because someone has something or someone that you want.