

Emotions

by: Zara

8 Basic Emotions

And the purpose of each one



Anger

To fight against problems



Fear

To protect us from danger



Anticipation

To look forward and plan



Surprise

To focus us on new situations



Joy

To remind us what's important



Sadness

To connect us with those we love



Trust

To connect with people who help



Disgust

To reject what is unhealthy



Different types of emotions

- Anger
- Fear
- Happiness
- Sadness
- Jealousy
- Disgust
- Trust



Synonyms for Anger

- enraged
- fuming
- furious
- incensed
- indignant
- infuriated
- mad

Anger is a strong feeling of annoyance, displeasure or hostility



Synonyms for Fear

- Terror
- Fright
- Horror
- Panic
- Alarm
- Worry
- Anxiety
- Distress



Fear is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

Synonyms for Happiness

- Satisfaction
- Joy
- Cheerfulness
- Merriment
- Contentment



Happiness is that feeling that comes over you when you know life is good and you can't help but smile.

Synonyms for Sadness

- Sorrow
- Regret
- Depression
- Misery
- Regret
- Heartache



Sadness is the feeling of being unhappy, especially because something bad has happened.

Synonyms for Jealousy

- Envy
- Desire
- Bitterness
- Spite
- Grudge
- Doubt
- Insecurity



Jealousy generally refers to the thoughts or feelings of insecurity, fear, and concern over a relative lack of possessions or safety.

Synonyms for Disgust

- Dislike
- Distaste
- Loathing
- Hatred
- Antipathy
- Revulsion



Disgust is a feeling of revulsion or strong disapproval aroused by something unpleasant or offensive.

Synonyms for Trust

- Care
- Assurance
- Reliance
- Faith
- Hope
- Conviction
- Sureness



Trust is a firm belief in the reliability, truth, ability, or strength of someone or something.