

Primary and Reactive Emotions

Approach emotions

Avoidance emotions

Joy

Surprise

Anger

Shame

Fear

Sadness

evokes relaxed engagement and openness

evokes curiosity and exploration

evokes assertion and moving towards goals

evokes withdrawal and hiding

evokes fleeing or freezing

evokes withdrawal or comfort-seeking

glad
jolly
jovial
merry
happy
elated
jubilant
pleased
gratified
satisfied
delighted
enraptured
stoked (inf.)
light-hearted
floating on air

startled
amazed
stunned
at a loss
astonished
speechless
incredulous
nonplussed
taken aback
disconcerted
thunderstruck
open-mouthed
taken by surprise
can't believe my eyes / ears

cross
furious
irritated
enraged
annoyed
outraged
resentful
indignant
incensed
mad (inf.)
infuriated
pissed off
frustrated
displeased
exasperated

shy
sorry
guilty
upset
bashful
humbled
flustered
mortified
sheepish
remorseful
humiliated
discomfited
shamefaced
embarrassed
self-conscious

timid
fearful
scared
shaken
panicky
anxious
terrified
nervous
alarmed
petrified
frightened
intimidated
faint-hearted
apprehensive
panic-stricken

low
blue
glum
down
grieved
sombre
unhappy
dejected
mournful
cheerless
depressed
low-spirited
disconsolate
grief-stricken
heavy-hearted

References:

English Thesaurus. (2023, December 30). Collins Dictionary: <https://www.collinsdictionary.com/dictionary/english-thesaurus/>
Johnson, S. M., & Campbell, T. L. (2022). *A primer for emotionally focused individual therapy (EFIT)* (p. 60). New York: Routledge.