
General Emotions

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1 General emotions

When we look at our primary emotions we also feel a wide range of nuanced feelings.

Primary.Emotions	Nuanced Feelings
Happiness	Excitement
Sadness	Relaxation
Anger	Confusion
Fear	Disappointment
Surprised	Embarrassment
	Pride

Note

You can categorize these emotions into 3 groups:

- Baseline Emotions
- Midline Emotions
- Apex Emotions.

This classification refers to the intensity of emotions, ranging from mild to extreme.

Note

Emotions often exist on a spectrum, varying in strength and impact. The magnitude of emotions can be influenced by personal sensitivity, context, or external factors, causing them to fluctuate in depth and duration.

We will explore the most commonly used words to express emotions based on their intensity.



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Emotion	Mild	Moderate	High
Happiness	Happy / Cheerful	Joyful / Delighted / Elated	Thrilled / Overjoyed / Ecstatic
Sadness	Sad / Unhappy / Gloomy	Sorrowful / Dejected / Miserable	Heartbroken / Depressed
Anger	Annoyed / Frustrated	Angry / Mad / Indignant	Furious / Enraged / Irate
Fear	Scared / Worried	Afraid / Anxious / Alarmed	Frightened / Terrified
Surprised	Surprised / Startled	Astonished / Stunned	Amazed / Shocked
Excitement	Excited / Eager	Enthusiastic / Pumped	Stoked
Relaxation	Relaxed / At ease	Calm / Peaceful	Tranquil
Confusion	Confused	Puzzled / Bewildered	Perplexed
Disappointment	Disappointed	Letdown / Disheartened	Crestfallen
Embarrassment	Embarrassed	Ashamed	Humiliated / Mortified
Pride	Proud	Pleased / Gratified	Triumphant



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2 Happy & Sad



happy	sad
happy	sad
cheerful	unhappy
joyful	gloomy
delighted	sorrowful
elated	dejected
thrilled	miserable
ecstatic	heartbroken
overjoyed	depressed



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overjoyed
ecstatic
thrilled
elated
delighted
joyful
cheerful

happy

depressed
heartbroken
miserable
dejected
sorrowful
gloomy
unhappy

sad

3 Examples

3.1 Happy

- “I was happy to see my friend, but I was overjoyed when they surprised me with tickets to the concert.”

💡 Tip

Happy is a baseline, overjoyed is a much stronger level of happiness.

- “She felt cheerful after a good workout, but she was ecstatic when she learned she got the job she had been hoping for.”

💡 Tip

Cheerful is a mild happiness, ecstatic is an intense, overwhelming joy.

- “He was delighted to receive a birthday card, but he was thrilled to win the lottery.”



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💡 Tip

Delighted is a pleasant level of happiness, thrilled is an exciting and exhilarating feeling.

3.2 Sad

- “I felt sad when it rained on my picnic, but I was heartbroken when my pet died.”

💡 Tip

Sad is a general feeling of unhappiness, while heartbroken is a much deeper and more intense sadness.

- “She was unhappy about the traffic delay, but she was miserable after losing her job.”

💡 Tip

Unhappy is a mild form of discontent, while miserable describes a state of extreme unhappiness and discomfort.

- “He felt dejected after losing the game, but he was depressed for weeks after the breakup.”

💡 Tip

Dejected is a feeling of sadness and discouragement, while depressed is a more severe and persistent state of sadness.



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